



# FR. FRANK'S FEAST OF THE SEVEN FISHES



## Ingredients:

- ✦ 4 garlic cloves sliced
- ✦ Extra virgin olive oil
- ✦ 1 can tomatoes
- ✦ 2 tablespoons fresh parsley
- ✦ 2 tablespoons fresh basil
- ✦ ¼ cup lemon juice
- ✦ 1 pound tagliatelle
- ✦ Salt & pepper to taste
- ✦ Red pepper flakes
- ✦ 1 pound shrimp peeled & deveined
- ✦ 1 dozen littleneck clams
- ✦ 1 pound mussels usually
- ✦ Other seafood we added: calamari, scallops, lobster, and cod







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## Instructions:

1. Heat a very large stock pot on medium heat and add in the sliced garlic cloves and a drizzle of olive oil.
2. Once the garlic is fragrant and begins to turn color, add in your tomato cans.
3. Next add in the red pepper flakes. Cover the pot and bring to a boil. Once it reaches a boil, turn the heat to low and let it simmer for an hour and a half.
4. Add in the parsley, basil and black pepper. Drizzle olive oil on top and stir it all together. Let it simmer.
5. While the sauce is cooking, clean all your seafood and have it ready to be cooked. Separate each type of fish into separate bowls. Season the shrimp and any scallops & calamari with salt and pepper.
6. Before you cook the seafood, get the water boiling for your pasta so that everything is ready once the seafood is. Season the water well with salt. The seafood is the easiest to overcook, so you don't want to be waiting for the pasta to finish!
7. Cook the scallops and shrimp with the other fish of choice for a few minutes and then steam the mussels and clams in the pot with a handful of fresh parsley until they open, about 5-10 minutes.
8. Once the pasta is finished, stir everything together. You can serve everything in one large bowl, or serve individually!

