

SEAFOOD CASSEROLE WITH SAFFRON

VALENTINE'S DAY / MAIN DISH

Ingredients (For 2 lovebirds)

- 1 small carrot
- 1/2 celery branch
- 1 onion
- 1 clove of garlic
- Parsley
- Lemon
- 5 cl Vermouth
- 5 cl light cream
- 1 packet of saffron
- 50 cl fat-free fish stock
- 50 g prawns
- 50 g scallops
- 100 g cod fillet
- 100 g mussels
- 100 g clams

Preparation:

Chop all the vegetables into a fine julienne.

Bring the stock to a boil in a large stew pot and add the vegetables.

Lower the heat to simmer the stock and vegetable mixture.

Add the vermouth and saffron.

Add the fish (add the scallops last) and then season with salt and pepper.

Lower the heat and simmer for approximately 6 minutes.

To serve, add the cream and parsley.

Ladle the stew into bowls, season with pepper, and garnish with lemon quarters..

