

Seafood Chowder

Makes 8 servings

Stock:

- ¼ cup coarsely chopped carrot
- 1 cup coarsely chopped onion
- 1 stalk coarsely chopped celery
- 1 teaspoon fresh thyme
- 1 bay leaf
- 10 peppercorns
- 1-48 ounce (6 cups) reduced-sodium chicken broth
- 2 -8 ounce bottles of clam juice

Bisque:

- ¼ cup butter
- 1 cup diced onion
- ½ cup diced carrot
- ¾ cup diced celery
- 1 yellow pepper chopped
- 1 clove garlic, minced.
- 1 tablespoon chopped parsley
- ¼ cup all-purpose flour
- ½ teaspoon chopped fresh thyme
- 4 tablespoons tomato paste
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 pound fresh crabmeat, picked over and shell pieces discarded
- 1 pounds scallops
- 2 pounds shrimp peeled and deveined
- 1/8 teaspoon ground red pepper
- 1 15oz can chopped tomatoes
- ½ cup small pasta

Prepare stock: In a 4 quart stockpot, add all stock ingredients and bring to a boil, then lower heat and simmer for 20 minutes. Strain through a fine-meshed sieve into a large bowl and discard the solids. Cover the liquid and set aside.

Prepare Bisque: In a stockpot, melt the butter over medium-high heat. Add the onion, carrot, pepper, and celery and cook, stirring occasionally, until softened – about 10 minutes. Add the garlic and cook for 2 minutes more. Stir in the parsley, flour, thyme, tomato paste, salt and black pepper. Cook and continue to stir for 1 minute. Stir in the stock and bring to a boil. Reduce heat to medium-low and allow mixture to simmer for about 20 minutes. Add pasta, and cook for 10 minutes. Add shrimp and scallops and simmer until just done about 5 to 10 minutes. Stir in the crabmeat and simmer until heated through.