



## Puttanesca Rigatoni Del Mare

Recipe by: Chef Wilfred Beriau, CEC, CCE, AAC

Recipe serves - 4

4 Cups Rigatoni, cooked, drained, reserved warm

12-14 oz. Pemberton's Gourmet Foods Puttanesca Sauce

8 oz. Sea scallops

8 oz. Calamari rings

8 oz. U-16 Shrimp, peeled and deveined

8 oz. Lobster meat, cooked

2 oz. Italian parsley, chopped

As needed Grated Parmesan

3-4 T Olive oil, more if needed

½ t Red pepper flakes

¾ cup Fennel, thinly sliced

¾ cup Spanish onion, sliced

Taste Salt and pepper, as directed in recipe or to taste



Steps:

1. Pre-heat the olive oil in a large, nonstick skillet,
  2. Add the red pepper flakes and let sizzle 30 seconds, add the onion and fennel, and cook until just lightly brown. Remove and keep warm.
  3. If needed, add more olive oil to the pan and add the shrimp, scallops and calamari. Season lightly with the salt and pepper. Cook until almost, but not quite done. Best if you cook the fish in two batches so that it will sizzle a little.
  4. Add the fennel and onion to the skillet with the fish, add the lobster, let it get hot for 30 seconds or so, then add the Puttanesca sauce. Simmer about one minute.
  5. Divide a portion of pasta into 4 warm bowls, and then divide the seafood and sauce equally over the pasta.
  6. Grate some Parmesan over each portion, and then sprinkle with chopped Italian parsley.
- Obviously, you may add more shellfish or different fish species, whole baby clams, more or less sauce to your liking, and your choice of Pasta. I prefer pasta that picks up the sauce with each bite. Fusilli, Orrechetti, medium shells for example. Any remaining Pemberton's Gourmet Foods Puttanesca makes a great pizza with extra anchovies and fresh mozzarella. (Sunday night special)