

Zarzuela

This version of a peasant dish. Popular among fisher-folk in Spain, this delicious stew is named after a medieval indigenous Spanish Musical Theater. The spicy and colorful nature of the dish was the reason it was named after the theatrical tradition.

Though we often use shrimp, bay scallops, clams, lobster or calamari in Zarzuela, the fishing families would often put in the most abundant fish caught, or those still unsold by the end of the day. Use any fish you prefer.

One of the spiciest dishes on our menu, you can calm it some by using less of the spice mix. We like it 4 Chiles hot!

2 tsp	shallots, minced
2 tsp	garlic, minced
2 each	bay leaf
1 Tbs	extra-virgin olive oil
2 tsp	flour
5 ounces	mixed seafood
2/3 cup	canned roasted diced tomatoes
3 Tbs	Zarzuela Spice Mix—see <i>Miscellaneous</i>
1/2 cup	Vegetable Reduction—see <i>Miscellaneous</i>
2 Tbs	Chardonnay wine
scant 1/2 tsp	Seafood Paste—see <i>Miscellaneous</i>
2 Tbs	brandy
1/4 tsp	fresh cilantro chopped
1/4 tsp	fresh parsley, chopped

Procedure

- In a shallow pan sauté the shallots, garlic and bay leaf in the oil for 1 minute.
- Remove the bay leaf and stir in the flour to make a roux. Cook for half a minute.
- Return the bay leaf to the pan and add all the other ingredients, up to the brandy. Bring to a boil and lower to a high simmer.
- When the sauce is thickened, turn the flame up high and remove the pan from the heat. Pour the brandy into the side of the pan furthest away from you. On a tilt, bring the pan back to the flame (use a barbecue lighter with an electric stove) and start the brandy flambéing. Shake the pan lightly.
- When the brandy is burned off, pour into a bowl and serve.
- Garnish with the cilantro and parsley.

Yield: 1 portion