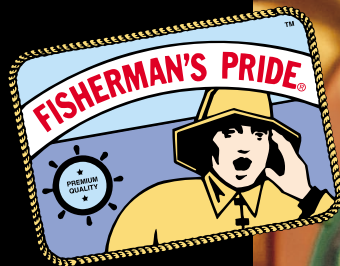


# Calamari Ragout

WITH MUSSELS AND SHRIMP



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# CALAMARI RAGOUT

With Mussels and Shrimp

## INGREDIENTS

### For the sauce:

2 tablespoons olive oil

4 cloves garlic, minced

1 bunch scallions, finely chopped

4 medium tomatoes, peeled, seeded and chopped

2 tablespoons tomato paste

3/4 cup dry red wine

Zest of 1 lemon

1 tablespoon fresh thyme or 1 teaspoon dried thyme

Salt

Freshly ground black pepper

2 tablespoons chopped flat leaf parsley

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1 pound mussels

1/2 pound shrimp (16 to 20 size), shelled and deveined

1 pound Fisherman's Pride® calamari tubes, cleaned and cut in 1 1/4-inch squares

**1.** Heat the olive oil in a medium saucepan over high heat until hot. Add the garlic and half the chopped scallions. Lower the heat and cook until golden.

**2.** Add the tomatoes, tomato paste, red wine, lemon zest, thyme, salt and pepper. Cook over medium heat for about 10 minutes, stirring occasionally.

**3.** Add mussels to the tomato sauce and continue to cook until you see them open, about 3 minutes. Add the shrimp and calamari to the tomato sauce and cook for 2 minutes only or until they are opaque all the way through.

**4.** Serve the ragout (stew) with hot crusty bread or as a sauce for pasta. Sprinkle with the rest of the chopped scallions and parsley.

**SERVES 4**

