

Seafood Minestrone with Pasta and Gremolata

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Adapted from Jeannette Ferrary and Louise Fiszer - A Good Day for Soup



Servings: 2

Preparation Time: 25 minutes

Start to Finish Time: 45 minutes

A meal in itself and finished with a fresh gremolata of a parsley-lemon parmesan mixture

NOTE: Halibut fillet or bass fillet can be substituted for the cod fillets

2 tablespoons olive oil

1 small onion, chopped

1 large carrot, diced medium

1 stalk celery, diced medium

1 small red bell pepper, seeded and chopped

1/2 small napa cabbage, cored and coarsely shredded

1 small zucchini, sliced 1/4-inch thick

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1 cup fresh tomatoes, coarsely chopped

1/4 cup dry white wine

2 cups vegetable stock

2 cups water

1/2 cup pasta shells, small

4 medium fresh shrimp, whole, shelled and deveined

6 ounces cod fillet, cut into 1" pieces

GREMOLATA

1 cup parsley, leaves only

1 small lemon, zested

3 cloves garlic

1/4 cup grated parmesan cheese

EQUIPMENT: cutting board, knife, 2 medium bowls, measuring spoons and cups, medium size skillet with lid, food processor

MAKE GREMOLATA: In the bowl of a food processor, add the parsley, zested lemon, peeled garlic, and grated parmesan cheese. Process the ingredients until they become a paste. Set aside. The Gremolata will be sprinkled over the Minestrone when served.

MAKE THE MINESTRONE: In a medium skillet, heat oil over medium high heat. Saute the vegetables (except

the zucchini) until slightly softened, about 4 minutes. Stir in the oregano and thyme; cook another minute.

Add the tomatoes and wine and cook until bubbly, about 3 minutes. Add the stock and water and bring to a boil. Add the pasta, stir and cover. Cook for 10 to 12 minutes until the pasta is al dente. Add the fish fillet pieces and zucchini and simmer for 3 - 4 minutes. Add the shrimp and cook for 2-3 minutes. Do not boil. Taste and add salt and pepper as needed.

Serve in individual bowls and top the soup with about 2-3 tablespoons of gremolata

Cuisine: Family Cookbook