

BASE

ESSENTIALS

Base Essentials Zuppe de Pesce (Italian Fish Soup)

Ingredients:	Quantity	Unit	Notes
Base Essentials Lobster Base	4	tsp.	
Dry White Wine	1/2	cup	
Garlic	3	cloves	Minced
Fresh Thyme	1	sprig	destemmed
Fresh Basil	6-8	leaves	chiffonade
Lemon Zest	1	lemon	
San Marzano Canned Tomato	20	oz	
Water (Hot)	4	cup	
Olive Oil	2	Tbsn	
Mussels	1/2	lb	
Clams	1/2	lb	
Shrimp	1/2	lb	
Scallop	1/2	lb	
Seabass or White Fish Fillet	1	lb	
Salt & Pepper			To Taste

1. In a sauce pan add olive oil, when hot add garlic and saute for 2 minutes
2. Add white wine and reduce by 1/2
3. Increase heat to med-high, add tomatoes and cook for 5 minutes
4. Add all the seafood, lemon zest, water and Base Essentials Lobster Base and cook for 5 or so minutes

