

# Seafood Pan Roast

## Ingredients

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3 T Vegetable Oil	5 1/4 oz Onion (chopped)
5 1/4 oz Celery (chopped) minced)	1 clv Garlic (sliced, plus 15 grams)
15 oz Tomato Sauce	2 c Chicken Broth
4 oz Heavy Cream	3/4 oz Rice (or 20 grams)
2 Basil Leaves	0 ds Ground Black Pepper
1 3/4 oz Green Bell Pepper	3 1/2 T Unsalted Butter (50 grams)
2/3 t Cayenne (1 gram)	1 1/2 t Paprika (3 grams)
4 1/4 t Old Bay Seasoning (10 grams)	1 1/4 t Creole Seasoning (5 grams)
4 oz Clam Juice (113 grams)	2 oz Vermouth (57 grams)
1 1/4 t Worcestershire Sauce (5 grams)	14 oz Crab Meat
14 oz Langoustine	1/4 c Parsley (chopped)
1 t Hot Sauce	

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## Instructions

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1. In a medium pot add 2 tablespoons vegetable oil and turn the heat on low. Once the pot is warm add 3 1/2 ounces of onion, 3 1/2 ounces celery and a pinch of salt. Sweat ingredients until translucent, about 4-5 minutes.

2. Add 1 clove sliced garlic and sweat for another minute. Next add 2 cups chicken broth, 15 ounces tomato sauce, and 20 grams white rice. Bring it to a boil and turn down the heat, let it simmer for 30 minutes. Check every 10 minutes and give it a stir.

3. Add 4 ounces of heavy cream and 1 gram of ground black pepper. Mix well and turn off heat. Add 2 basil leaves and use an immersion blender to blend until smooth. Transfer to a large bowl and clean out pot.

4. In the same pot add 2 tablespoons vegetable oil and 1 3/4 tablespoon butter turn the heat on low. Add 1 3/4 ounce onion, 1 3/4 ounce celery, and 1 3/4 ounce bell pepper and a pinch of salt then sweat for 4-5 minutes. Next add paprika, creole seasoning, and old bay seasoning then mix for 1 minute.

5. Add clam juice, vermouth, and Worcestershire, turn the heat to high and bring mixture to a boil. Pour in the base and give it a stir then let it simmer on low.

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6. In pan turn to medium high and add 1 tablespoon vegetable oil, 1 3/4 tablespoon butter, 15 grams minced garlic and sautÃ© until fragrant. Add langoustine and crab meat then season with salt and pepper to taste. Warm them up and then add to pan roast base and mix.

7. Add hot sauce and adjust seasoning to your liking. Give it a final taste. To serve, pour stew into a flat bowl. Add a scoop of rice on top and sprinkle with parsley.