

ACADIAN SEAFOOD

FRICOT



When enjoying this traditional Acadian stew, the seafood choice is up to you. It could be as simple as just clams!

INGREDIENTS

- Steamer Clams- 6-8 whole clams or ½ cup of chopped cooked meat.
- Mussels- 12-16oz
- Scallops- 8oz, cut into bite size pieces.
- Lobster- 1-1.5 lb. whole lobster
- Butter- 4 tablespoons
- AP Flour- 2-3 tablespoons
- White onion- ½ cup, small dice
- Carrot- ½ cup, small dice
- Celery- ½ cup, small dice
- Garlic- 2 cloves, minced
- Russet potato- 1 large, peeled, and small dice
- Water as needed (can use some white wine as well)
- Sea salt and fresh ground pepper

Instructions:

- Scrub all seafood and dispatch lobster by cutting through head. Separate lobster into claws and tail. Remove entrails from carapace and reserve.
- In a large pot with a lid, add unusable trim from celery, onion, carrot, and garlic along with a splash of neutral oil or butter. Sweat briefly and add clams. Cook for 1-2 minutes.
- Add lobster parts to pot and enough water/wine to partially cover the clams. Increase heat and cover the pot. Once the pot begins to steam, remove the lid and add the mussels. Cover and return to a boil.
- Cook for 4-5 minutes until the clams and mussels have opened. Remove seafood and separate from shells. Add lobster shells back to pot and an additional cup of water, return to a simmer while you pick the seafood. Chop seafood to bite size pieces and reserve in the refrigerator.
- Strain seafood broth through a fine mesh strainer or cheesecloth. Clams can be sandy, so be cautious to strain well.
- In a clean pot over medium heat, add butter and diced vegetables. Stir well.
- Once vegetables have softened, add flour and stir well. The flour should absorb the liquid fat from around the vegetables. If you still see liquid butter, add more flour until the vegetables and flour look pasty.

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- Add half of the broth and stir well to prevent lumps. Once thickened, add the remaining broth and stir again. Cook until the potatoes are tender. Adjust consistency, but keep in mind that the seafood will release moisture and thin the stew further.
- Add scallops and return to a simmer. Add cooked diced seafood and return to a bare simmer.
- Season to taste, adjust consistency, and hold warm for service. Optionally, you can finish this with cream.

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