

# Spring Seafood Stew

- 2 tbsp B.R. Cohn California Extra Virgin Olive Oil
- 1 cup or 4 oz Spanish chorizo or Andouille sausage, thinly sliced
- ½ cup carrots, peeled, small dice
- 1 cup yellow Spanish onions, small dice
- ½ cup celery, small dice
- ½ cup fennel bulb, sliced thinly
- ½ cup Carolina short grain organic rice, soaked & rinsed
- 2 tbsp garlic, minced
- ½ cup minced hot & mild chiles such as Anaheim, Poblano, Jalapeno
- ¼ cup red bell pepper, minced
- 4 cups vegetable broth
- 1 lb Wild King Salmon filet, skin on scaled cut into 4 oz slices
- 8 oz bay scallops
- 8 fresh shrimp (16/20) peeled & deveined, 2 each per serving
- 1 cup asparagus, peeled & cut in ½ inch diced
- ¾ cup sugar snap peas, ½ inch diced
- ½ cup fava beans, blanched
- ¼ cup chives, chopped
- ¼ cup Italian parsley, chopped
- Kosher salt & freshly ground black pepper
- 2 tbsp fresh lemon juice

Heat the B.R. Cohn Extra Virgin Olive Oil in a heavy bottom 4 quart sauce pot on high heat. Add sausage and brown. Lower to medium heat then add carrots, onions, celery and fennel. Cover and sweat for 5 minutes. Add rice and garlic and cook uncovered for 2 minutes, stirring often. Stir in the chiles and red bell pepper and cook another 5 minutes, stirring occasionally. Add 4 cups of the broth and cover. Turn heat to low and cook for 20 minutes or until rice is tender. Remove cover, add seafood, asparagus and sugar snap peas. Cover and cook for approximately 10 minutes. Finish with fava beans, fresh herbs and lemon juice. Season to taste and serve.



50 Minutes



Serves 4



Pairs with B.R. Cohn Napa Valley Sauvignon Blanc

## B.R. COHN WINERY & OLIVE OIL COMPANY



Since its founding in 1990, the B.R. Cohn Olive Oil Company has greatly contributed to the emergence of California olive oil as a global competitor, winning numerous local and international awards as well as accolades from the gourmet world. Please come and visit the beautiful B.R. Cohn Winery & Olive Hill Estate Vineyards. Explore the rare 140-year old Picholine olive groves and discover our unique history.



🏠 15000 Sonoma Hwy., Glen Ellen, CA 95442

☎️ (800) 330-4064 ext. 117

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