



Seafood and Wild Mushroom Pasta

Serves: 6 | Source: #ParlezPantry

Living in Italy for 3 years gave me a taste for all things fish, and blending it with a staple diet of fresh tagliatelle is no bad thing.

The most common form of seafood pasta in Italy is a pomodoro (tomato) based sauce, not thick but laden with shellfish whereby you have the work to do at the table, it's beautiful, don't get me wrong but very often the subtleness of the fish has been taken over.

Ingredients

- 5 Echalion shallots
- 10 fresh wild mushrooms
- 2 garlic cloves
- 200 ml Soave
- 2 salmon fillets
- 200 g squid (1.5cm slices)
- 350 g mussels (cooked and shelled)
- 350 g king prawn
- 3 birds eye chillies
- 1 tsp red pesto
- 1 tsp sweet paprika
- 2 tbsp sweet chilli sauce
- Seasoned chilli oil
- Olive oil
- Freshly ground black pepper
- 25 g fresh dill
- 25 g fresh flat leaf parsley
- 5 baby plum tomatoes
- 500 g fresh tagliatelle
- Double cream (good splash)

Notes

Plate up however you see fit, with or without crusty bread, chilli oil and a glass of whatever you wish.

What follows is something I've created over the years and it truly lets the flavours blend, enhance the dish and remain for your enjoyment.



Method

1. Take 5 Echalion shallots and slice finely, add 2 crushed garlic cloves, steep in 200 ml of a crisp chilled white wine.
2. Add 3 chillies, finely chopped (seeds removed) we want the flavour with just a small kick of heat, the seeds are the real spice. Add 1 tsp red pesto to the shallots and stir well, then set aside.
3. Take 2 salmon fillets, place them on silver foil with no oil, skin side down, in a pre-heated oven (170c) for 6 minutes 30 seconds. Remove and leave to cool. After 30 minutes flake the meat from the skin which will stay dutifully in place on the foil, place the flesh in a bowl and put to one side.
4. Cut the squid in 1.5cm slices, cook your mussels in advance and leave to cool (any sauce from the mussels make a good stock so don't waste it) place them, and the prawns in a seasoned chilli oil in a pan for approximately 2 minutes.
5. As the prawns and squid release their juices sprinkle sweet paprika in to aid thickening, and stir briskly then remove from the heat.
6. As the prawns, squid and mussels cool add freshly black pepper and 2 tbsp of sweet chilli sauce, using a wooden spoon to ensure you do not damage the fish combine fully, continue to let the pan cool before adding the par baked flaked salmon and stir once again to coat the salmon with the chilli sauce.
7. Take 25g dill and 25g parsley, slice halfway up. Use the leaves for garnishing once cooked, use the bottom half, including stalks chopped into the main dish. Add half of the bottom half of stalks to the wine soaked shallots and stir.
8. Slice the tomatoes into 8ths then combine with 150 ml of the wine, and the remaining half of the dill and flat parsley stalks, whilst blanching the tagliatelle. ALWAYS cook your pasta for less time than the packet states.
9. Place the tomatoes in a pan with a little olive oil and once you can hear the dill begin to bubble in the oil add a little double cream and stir. Once the cream has warmed add the seafood and stir. Add mushrooms.
10. After 1 minute add the shallots, they're finely sliced so shall cook quickly and the wine shall be subsumed by the cream and hence lighten a little. Stir for another 3 minutes and add 1/5th of the tagliatelle to the pan, stir for 1 minute more.