

# Avalon Restaurant's Seafood Pescatore Recipe

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## Basic Red Sauce

### Ingredients:

2 Tbsp Olive Oil  
1 Whole Spanish onion, diced  
Salt & Pepper, to Taste  
3 Garlic Cloves, crushed  
2 sprigs thyme, picked  
2 cans whole plum tomatoes (preferably San Marzano or San Marzano style from California), crushed (by hand) with liquid reserved  
2 cups fresh basil

### Progression:

In a heavy bottom sauce pan heat olive oil and add onions. Sweat onions until very tender and translucent, low heat. Add a pinch of salt, pinch of peeper, garlic and thyme. Sweat low heat for about 5 minutes more, garlic should turn a light golden brown. Add crushed tomatoes and basil. Cook low heat for 45 minutes. Sauce should simmer not boil. Stir frequently. Remove from heat and puree in blender.

## For the pasta

### Ingredients:

Salt & Pepper, to taste  
1lb linguini (if boxed I would suggest Dececo Pasta )  
2 Tbsp Olive Oil  
1 Tbsp Garlic, crushed  
20 mussels, I suggest Prince Edward Island  
1/2 cup White Wine  
4 cups Basic Red Sauce  
1/4 Cup fresh basil, chopped  
2 pats of butter (divided)  
12 shrimp peeled and de-veined (size 16/20)  
1/2 lb Fresh Calamari Tubes (sliced into 1/2 inch rings and tentacles)  
1/2 lb sweet lump crab  
1 tsp red pepper flakes

### Progression:

Add pasta to salted boiling water and cook al dente according to box directions. Heat a large sauté pan with olive oil and garlic. Once garlic is a light golden brown color, add mussels and sauté for about 1 minute more. Add white wine, red sauce, basil and a pat of butter. If you have a lid cover for about two minutes or until mussels just start to open. Remove lid add shrimp, calamari, crab, red pepper flakes and remaining butter. Add cooked pasta to sauté pan, toss and place pasta and sauce into serving bowl. Finish with fresh basil and a drizzle of extra virgin olive oil.