



seafood pasta



ingredients

calamari, octopus, large prawns

4-5 ripe tomatoes

5 small white or red onions peeled and whole

7 cloves of garlic peeled and whole

4-5 bay leaves dried (not too old)

3-4 tbsp of good quality tomato paste

tips

~ It's a good idea to saute first the calamari and octopus separately because they take the longest to become tender.

~Instead of making fresh tomato sauce, you can use canned.

~You can use any type of seafood fresh or frozen.

instructions

Core the tomatoes, cut them in half and grate them on a grater. You will need at least 3 cups of tomato sauce.

In a pot add the fresh tomato, onions, garlic and the whole bay leaves and simmer for at least 30 minutes, covered. Occasionally uncover and stir. At 30 minutes add the calamari and octopus, cover again and cook until calamari and octopus are tender. Towards the end of cooking you may 3-4 tbsp of tomato paste. If sauce has not thickened up, the lid can be left off.

As soon as the sauce is ready and all the other ingredients are tender, add the shrimp. They need 5-6 minutes simmering in the sauce depending how big they are.

Cook the pasta. Place it on a plate and put as much sauce as you like! Sprinkle on hard cheese or feta cheese.

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