

# The Culinary Banker

## Fish Medley with Pasta and Baby Peas

SERVES 4 PEOPLE

### Ingredients:

1 pound medley of baby seafood  
(use Trader Joe's fish medley located in the frozen fish section)  
2/3 cup of virgin olive oil  
1/2 cup of chopped onion  
1 tablespoon of chopped garlic  
1/4 cup of chopped Italian parsley  
1 cup of vermouth  
1/2 pound of frozen peas  
Salt and freshly ground black pepper  
1 pound of pasta  
2 tablespoons of butter

**Recommended Pasta:** Spaghetti is the ideal carrier for the full flavor of the sauce, but another very good choices are short, tube-shaped macaroni, such as penne. Use a ripe, medium sized, yellow onion. Northern Italian food is a caramelized process - low heat, longer cooking time. The more ripe the onion is, the better the caramelization.



*My Bolognese mother taught me how to cook.  
I became so in love with cooking northern Italian cuisine  
that I paid off my student loans in Boston by cooking for people.  
I hope you enjoy the legacy of my mother in these original recipes  
inspired by Mom's love for home-made Italian food.*

1. De-freeze the fish in a bowl filled with warm water then set aside and drain in a colander. De-freeze the peas in the same way.
2. Choose a 10 inch sauté pan that can subsequently accommodate all the fish, peas and sauce. Put in the olive oil and the chopped onion, turn on the heat to medium, and cook the onion stirring, until it is translucent, 8 minutes, low simmer. Add the garlic and sauté until it becomes colored a pale gold. Add half the chopped parsley, stir once or twice and add the snow peas.
3. Once the peas become tender, add the vermouth, still cooking at a low simmer. Add salt and pepper.
4. Once the sauce has reduced and begun to caramelize, add the seafood, raising the temperature slightly. Turn the baby shrimp, white fish, scallops and squid often.
5. Toss cooked drained pasta with the entire contents of the pan, add the remaining chopped parsley and the butter and toss again. Serve at once.

**Helpful Tips:** Baby seafood takes very little time to cook and should not be overcooked or else it will taste hard. Once the shrimp turns pink, your seafood is done. Remember, the seafood will continue to cook during step 5. Notice the photograph of the completed dish. There is very little sauce. That is because the sauce has been caramelized and therefore sticks to the pasta! This takes time to master but is a critical aspect in becoming a successful Bolognese chef! Your family and friends will love it! **Buon appetito!**

Christopher Caliendo | Opus Bank | VP Business Development | 818 261 9530 cell | ccaliendo@opusbank.com

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