Mussels Fra Diavolo

Chariho Area Career & Technical Center
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½ lb mussels, cleaned
1 cup mini shrimp
1 cup calamari
1 white onion
2 cloves garlic
2 oz fennel seeds
2 oz thyme
2 oz oregano
1 oz crushed red pepper
1 cup red wine
1 bay leaf
4 oz tomato paste
1 #10 can crushed tomatoes
1 lb spaghetti
¼ cup white wine
1 medium shallot
TT Old Bay Seasoning
TT Salt and Pepper

Red Sauce
1) In a medium stock pot sweat onions and garlic until translucent, do not brown
2) Add oregano, thyme, ½ red pepper and fennel and cook for one minute
3) Add tomato paste and cook for 2 minutes
4) Deglaze with red wine and reduce by half
5) Add tomatoes and rinse can half full with water and add
6) Cook on medium heat for 2 hours stir occasionally

Preparation
1. Cook pasta al dente
2. Saute shallots and garlic in a sauté pan
3. Add mussels and cover and cook for 2 minutes
4. Add white wine cover and cook for 1 minute
5. Add shrimp and cook until hot
6. Add 6 oz red sauce and cook until hot
7. Add pasta and calamari and cook until hot
8. Plate by adding pasta to a bowl and creating a mound shape, add 4-5 mussels per plate around the edge. Garnish with fresh parsley and parmesan cheese

This recipe was a finalist in the 2016 Rhode Island Seafood Cookoff, hosted by Chariho Area Career & Technical Center and sponsored by Rhode Island Sea Grant at the University of Rhode Island Graduate School of Oceanography and the College of the Environment and Life Sciences at the University of Rhode Island. Thanks to American Mussel Harvesters, Trio, and Newport Restaurant Group for their generous support of this event.