

Moroccan Seafood Stew

Disney's Animal Kingdom Lodge

Boma

Ingredients

-  1 lb Mussels
-  1 lb Shrimp
-  1 lb White Fish, cut chunky and sear
-  1 lb Scallops, seared
-  2 quarts Chicken Stock
-  2 tbsp. Curry Powder, toasted
-  1 large Onion, diced chunky
-  1 small Red Bell Pepper, diced chunky
-  1 small Fennel bulb, diced chunky
-  2 Jalapenos, sliced
-  2 Carrots, diced chunky
-  2 Potatoes, diced chunky
-  2 tbsp. Parsley, chopped
-  2 tbsp. Cilantro, chopped
-  2 tbsp. Lemon Juice
-  2 Lemons, zest and sliced
-  ¼ cup Olives, sliced
-  1 - 8 oz. can Chickpea/Garbanzo Beans
-  1 small Eggplant, roasted and diced
-  2 tbsp. Ground Cumin

Directions

1. Sear the fish and scallops until golden brown (DO NOT OVERCOOK).
2. Heat the chicken stock to a boil and add the onions, fennel, jalapenos, carrots, and potatoes. Cook for 20 minutes.
3. Add the rest of the ingredients except the seafood. Cook until all the vegetables are tender.
4. Add the seafood and cook until shrimp and mussels are done. Adjust seasoning to taste.

