

# spaghetti marinara

winter



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EST 1981. SYDNEY FISH MARKETS PYRMONT

# Spaghetti marinara

Serves 4

60 ml (1/4 cup) white wine  
60 ml (1/4 cup) fish stock  
1 garlic clove, crushed  
12 black mussels, cleaned  
375 g spaghetti  
30 g butter  
125 g squid, cleaned and cut into rings  
125 g skinless blue-eye cod fillet, cut into bite-sized pieces  
200 g green prawns (uncooked), peeled and deveined

10 g (1/3 cup) flat-leaf (Italian) parsley, chopped  
200 g tin clams, drained

## Tomato sauce

2 tablespoons olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
2 garlic cloves, crushed  
400 g tin chopped tomatoes  
125 ml (1/2 cup) white wine  
1 teaspoon sugar

## Fish substitution

monkfish, ling, or any firm white fish

To make the tomato sauce, heat the oil in a saucepan, then cook the onion and carrot over medium heat for 10 minutes, or until lightly browned. Add the garlic, tomato, wine and sugar, bring to the boil, then reduce the heat and gently simmer for 30 minutes, stirring occasionally.

Heat the wine, stock and garlic in a large saucepan. Add the mussels. Cover and shake the pan over high heat for 5 minutes. After 3 minutes, start removing any opened mussels and set them aside. After 5 minutes, discard any unopened mussels and reserve the cooking liquid.

Cook the spaghetti in a large saucepan of boiling salted water until al dente. Drain and keep warm.

Meanwhile, melt the butter in a frying pan and stir-fry the squid, blue-eye cod and prawns in batches for 2 minutes, or until just cooked. Remove from the heat and add to the tomato sauce along with the reserved cooking liquid, mussels, parsley and clams. Gently heat through, then toss the sauce with the pasta and serve.

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