

## Seafood Stew

1 tablespoons olive oil  
2 cloves garlic, chopped  
½ tablespoon herbs de provence  
½ teaspoon red pepper flakes  
1 tablespoon tomato paste  
½ cup dry white wine  
1 cup petite diced tomatoes  
2 cups vegetable stock  
¼ cup heavy cream, optional  
¼ pound white fish, cubed  
¼ pound shrimp  
¼ pound cooked mussels, shells discarded  
Toasted Bread  
Salt and pepper

- Heat oil in a large pot over medium heat. Add the garlic, herbs and pepper flakes; cook until fragrant.
- Stir in tomato paste; cook until lightly darkened, about 1 minute.
- Add wine and cook, stirring, until reduced.
- Add tomatoes, fish stock and cream; bring to a simmer and cook until flavors combine.
- Add white fish and shrimp; cover and gently simmer until the seafood is just cooked, about 8 to 10 minutes.
- Add mussels; simmer until just warmed through.
- Season stew with salt and pepper. Serve with bread.

## Salad Nicoise with Poached Tuna

2 tablespoons red wine vinegar	1 tuna filet
2 teaspoons Dijon mustard	4 cups mixed greens
2 teaspoons Worcestershire sauce	1 hard-boiled egg
1 teaspoon anchovy paste	½ cup tender French beans, cooked and cooled
1 clove garlic, mashed	1 plum tomato, diced
½ teaspoon each garlic and onion powder	½ cup cooked baby potatoes, sliced
6 tablespoons extra-virgin olive oil	
1 teaspoon minced fresh thyme	
Salt and pepper	

- Bring grill to medium heat; season tuna with salt and pepper. Grill, turning once, until cooked to desired doneness. Remove; let rest.
- In a separate small bowl, stir together the vinegar, Dijon, Worcestershire, anchovy, garlic and spices. Season with salt and pepper.
- Slowly whisk in the olive oil.
- Toss greens with just enough dressing to coat leaves (reserve remaining); season with basil, salt and pepper.
- Transfer to serving plates; arrange tuna, egg, beans, tomatoes and potatoes on greens. Drizzle with some of the remaining vinaigrette.



## Crepes with Caramelized Bananas and Whipped Cream

3 large eggs  
½ cup whole milk  
½ cup flour  
2 tablespoons cocoa powder  
1 tablespoon sugar  
½ teaspoon vanilla  
¼ teaspoon salt  
Butter

2 tablespoons butter  
2 tablespoons sugar  
1 firm ripe banana, thickly sliced  
½ teaspoon vanilla

### Whipped cream

- Whisk together the eggs, milk, flour, cocoa powder, sugar, vanilla and salt. Let stand 20 minutes.
- Bring a nonstick skillet to medium heat (make sure it is fully preheated). Add small lump of butter. When melted, wipe pan with paper towel, making sure it is coated in butter but there is no excess.
- Add 2 to 3 ounces of batter to the bottom of the pan, lifting and swirling pan so there is a thin layer of batter coating the bottom of the pan. Let cook until batter is completely set and bottom is light golden. Flip; cook 10 seconds more. Transfer to plate and repeat with remaining batter.
- Melt 2 tablespoons butter and sugar in pan; cook until lightly browned. Stir in bananas and vanilla; cook until heated through.
- Serve crepes with bananas; top with whipped cream.