
Ragout of Seafood Au Vin

The Windsor Family Cookbook

Windsor Vineyards, CA

Servings: 4

2 red onions, sliced paper thin

6 cloves garlic, diced

2 tablespoons olive oil

1/2 teaspoon dried dill

1 1/2 cups Gamay Beaujolais

1 teaspoon soy sauce

2 pounds fresh seafood (snapper, shrimp, tuna, sea bass, etc.), cut into small pieces

1 cup snow peas

Saute' the onions and garlic in olive oil until translucent. Add the dill. Gamay Beaujolais and soy sauce. Add the seafood and poach in the sauce until cooked through (take care not to overcook or the fish will develop too strong a flavor).

Add the snow peas in the last minute or two of poaching.

Serve in individual bowl over rice or pasta.

Seafood

Per Serving (excluding unknown items): 105 Calories; 7g Fat (57.5% calories from fat); 2g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 90mg Sodium. Exchanges: 1 1/2 Vegetable; 1 1/2 Fat.