

MyGourmetConnection Presents  
the feast of the seven fishes  
Italian Christmas Eve Dinner  
Shopping List and Prep Plan



# shopping list

Before you begin visit our **Feast of the Seven Fishes** menu post to explore the recipes.

Next - print each recipe (links on the last page) and scan through the instructions and extra info on key ingredients, technique explanations, and tips for success.

## seafood

- Mussels - 3 lbs
- Littleneck clams - 2 dozen
- Scungilli - 29 ounce can
- Calamari (squid) - 1 lb cleaned
- Scallops - 1 lb
- Cod fillets - 1 to 1-1/4 lbs
- Colossal (U10) shrimp - 1 dozen

## pantry

- Italian or French bread (for crumbs)
- Italian tomatoes - 28 ounce can
- Extra virgin olive oil
- Red wine vinegar
- White wine
- Linguine
- Angel hair or thin spaghetti

## meat

- Bacon - thick cut

## produce

- Red bell pepper - 1
- Shallot
- Sweet onion
- Celery
- Garlic
- Fresh parsley
- Fresh thyme
- Fresh rosemary
- Lemons - 4 to 6
- Orange - 1
- Plum tomatoes - 3

**Note:** This is not a comprehensive ingredient list - please check the recipes for exact quantities!

# make-ahead

## day before

- Make **fresh breadcrumbs** and store in an airtight container
- Mince **garlic** (for all dishes)
- Chop **parsley** (for all dishes )
- Chop **rosemary** and **thyme** (store separately)
- **Zest the orange** and at least one **lemon** (store separately)
- **Juice the orange** and **lemon** for **scallop pasta** (measure and store combined)
- Prep the **onion, garlic, and tomatoes** for **steamed mussels**
- Cook the **bacon** and sauté the **shallots** and **red bell pepper** for **clams casino**
- Prepare the **scungilli salad** (cover tightly and refrigerate)
- Mix the breadcrumb topping for the baked cod and assemble the dish (cover and refrigerate)
- Make the marinara sauce for calamari pasta (store in airtight container)

## morning of

- Clean and slice the **calamari** (cover and refrigerate)
- Clean and bake the **clams** and assemble **clams casino** (cover and refrigerate)
- Butterfly the **shrimp**, prepare the **stuffing** and assemble on a baking sheet (cover and refrigerate)
- Rinse and debeard the **mussels** (not more than 3 hours before serving)
- Stir **scungilli salad**
- Prep other elements of the meal: Make a salad and prepare dressing, slice bread and soften butter, chill wines

# time to serve

- Remove everything from the refrigerator about **45 minutes in advance**.
- Preheat the oven to **375°F** (temp allows for simultaneous cooking).
- Put **2 pots of salted water** on the stove over medium heat for the pasta.

## appetizer course - antipasti

- Start steaming the **mussels** (up to 10 minutes total)
- Bake the clams casino (3 to 5 minutes to warm)
- Transfer scungilli salad to serving bowl with slotted spoon

## pasta course - primi

- Turn up the heat on the **pasta** pots to bring the water to a boil
- Bring the **marinara** to a simmer for the calamari
- Start the **linguine** cooking (longer cook time, 8 to 10 minutes)
- Start the **angel hair/spaghetti** a few minutes later (3 to 6 minutes, depending on type)
- Toss the **scallops** in seasoned flour, sauté briefly and transfer to a plate
- Test each **pasta** for doneness, drain, reserving a little of the water, and return to their respective pots
- Add the **calamari** to the marinara to simmer until opaque (about 3 minutes - don't overcook)
- Deglaze the scallop pan with **citrus juices**, add **herbs**, simmer briefly, add the **zest** and **scallops**
- Toss the **linguine** with the **calamari** and **marinara**, transfer to a serving bowl
- Toss the **angel hair** with the **scallops**, transfer to a serving bowl

## main course - secondi

- Put the **cod** in the oven to bake (20 minutes)
- Wait 10 minutes and bake the **shrimp** (12 to 15 minutes)

# get the recipes

## antipasti - light seafood appetizers

- [Steamed Mussels Italian Style](#)
- [Clams Casino](#)
- [Scungilli Salad](#)

## primi - simple seafood pastas

- [Scallop Pasta with Sicilian Citrus Sauce](#)
- [Calamari Pasta with Homemade Marinara](#)

## secondi - oven-baked seafood entrées

- [Baked Cod with Crispy Crumb Topping](#)
- [Baked Stuffed Shrimp](#)