

## Cioppino , San Francisco-Style Fish Stew

Use whatever seafood looks best at the store, the success of your chippiono will depend on the freshness of your selection. If crab is not available use King crab legs. If you want a stronger tomato taste in your soup add another tablespoon of tomato paste. Add less red pepper if you want it less spicy.

I have eaten this with fennel and celery added. The mussels and clams are a must in my opinion. I figure about 2-3 shrimp per person, depending on their size. If you don't have a Traders Joe's use 1/2 pound of calamari instead of the seafood mix. You can prepare the broth, without the seafood, ahead of time. Have extra napkins, little devices to get the crab out of the shell, (I have little forks) and bowls to discard the shells. Do not use your best table clothes, you will have stains.

### Ingredients:

Serves 6-8 people

- 1/4 cup olive oil
- 2 cups diced red onions
- 1 bay leave
- 1/2 tsp. pepper flakes
- 1 1/2 tsp. salt
- 3 Tbs. minced garlic
- 3 Tbs. tomato paste
- 1 large red pepper, chopped
- 1 Tbs. fresh or 1tsp. dried oregano
- 2 cups white wine
- 8 ounces clam juice
- 1 28 to 32 ounce can of diced tomatoes
- 2 cups chopped tomatoes
- 3 cups chicken stock
- 1Tbs. sugar
- 3 Tbs. fresh basil chopped
- 3 Tbs. flat-leaf parsley chopped
  
- 1 package of Trader Joe's seafood mix
- 1/4 lb. sea scallops
- 1lb. tilapia or other white fish
- 1lb. shrimp, peeled with tails on
- 15 to 20 mussels

15 to 20 clams

1 large dungeness crab, cracked and cleaned

### Directions:

Heat the olive oil in an 8-quart heavy pot. Add bay leaf and onions, sauté over moderate heat for 5-8 minutes, do not brown the onions. Add the garlic, the red pepper flakes and sauté for an additional 2-3 minutes, again make sure you don't brown the garlic. Stir in tomato paste, oregano, the diced red peppers and cook, stirring, one minute. Add wine and boil until reduced by half. Add tomatoes with their juice, clam juice, broth, sugar, 1Tbs. basil, and 1Tbs. parsley, and simmer, covered, 30 minutes. Season with salt and pepper.

Wash and scrub the mussels and clams, keep them in a bowl of water. Cut tilapia into bite size pieces. Add clams and mussels to stew and simmer, covered, until the shells open, 5 to 10 minutes, checking every minute after 5 minutes and transferring opened clams and mussels to a separate pot, discarding any unopened clams or mussels after 10 minutes. Season fish and shrimp with salt and add to stew with the rest of the seafood except the crab. Then simmer, covered, until cooked through, about 5 minutes. Discard bay leaf, return clams and mussels to pot ( you can also add the crab at this time if it fits into the pot), cover and heat through. Sprinkle with the remainder of the basil and parsley. Since the crab is cooked, I divide the crab among the heated soup bowls and then add the soup to it. Serve immediately.

Guten Appetit

Recipe by sunnycovechef