

Cioppino

Ingredients:

- 3 Tablespoons olive oil
- 1 Large Fennel Bulb, thinly sliced
- 1 Onion chopped
- 3 large shallots, chopped
- 2 cloves of garlic, minced
- 2 teaspoons of salt
- $\frac{3}{4}$ teaspoon crushed red pepper flakes
- 1 small can tomato paste
- 1 28 oz can of petite diced tomatoes
- 1 $\frac{1}{2}$ cups white wine
- 1 teaspoon dried oregano
- $\frac{1}{2}$ teaspoon dried basil or thyme (optional)
- 5 cups of shellfish stock, vegetable broth or chicken stock
- 1 bay leaf
- 2 pounds of little neck clams
- 1 $\frac{1}{2}$ pounds of cod or halibut, skin removed and cut into 2 inch chunks
- 1 pound uncooked large shrimp, peeled, tails removed and deveined

You can substitute other fish and shellfish as your family prefers. Mussels, calamari, crab, salmon all work well.

Directions

1. Heat oil in a large pot or Dutch oven. Add the fennel, onions, shallots and salt and sauté until the onion is translucent. (about 10 minutes).
2. Add the garlic and $\frac{3}{4}$ teaspoon of red pepper flakes and sauté an additional 2 minutes. Stir in the tomato paste.
3. Add the tomatoes with their juices, wine and stock. Add bay leaf, oregano and basil or thyme if being used. Cover and bring to a simmer.
4. Reduce heat to medium low and cover. Simmer until flavors are blended (about 20 – 30 minutes).
5. Increase heat to medium. Add clams and cook until just beginning to open (about 5 minutes). Add the fish and shrimp. Simmer until fish and shrimp are cooked, and clams are completely opened — if adding already cooked crab, this would be the point to add it and cook just to heat through.
6. Discard any clams that did not open.
7. Remove bay leaf and check seasoning for additional salt, pepper or herbs.