

San Francisco-Style Cioppino

(Adapted from a Giada De Laurentiis recipe)

This fish stew, a descendant of the various regional fish soups and stews of Italian cooking (and related to the Provençal Bouillabaisse as well as the Spanish Paella), was developed by the fishermen who settled in the North Beach section of San Francisco.

Originally it was made on the boats while out at sea and later became a staple as Italian restaurants proliferated in the city by the Bay.

The name comes from cioppin, a word in the regional dialect of the great port city of Genoa (Italy), which described the local fish stew.

(12 servings)



Ingredients:

Olive Oil – 5 tbsp

Fennel, thinly sliced – 2 medium bulbs

Onion, chopped – 2 medium

Large Shallots, chopped – 5

Garlic Gloves, coarsely chopped – 8

Red Pepper Flakes – 1 tsp

Sea Salt – 4 tsp

Tomato Paste – ½ cup

Canned diced Tomatoes (28 oz) – 2 cans

White Wine – 3 cups

Fish Stock and/or Clam Juice – 5 cups

Bay Leaves – 2

Clams, scrubbed – ½ lb

Mussels, scrubbed & debearded – 2 lbs

Shrimp, peeled & deveined – 2 lbs

Squid – ½ lb

Firm-fleshed Fish, cut into 2" chunks – 2 lbs

Preparation:

Heat the oil in a very large pot over medium heat.

Add the fennel, onion, shallots, and salt and sauté until the veggies are translucent, about 10 minutes.

Add the garlic and $\frac{3}{4}$ tsp of red pepper flakes, and sauté 2 minutes.

Stir in the tomato paste.

Add tomatoes with their juices, wine, fish stock & clam juice and bay leaf.

Cover and bring to a simmer. Reduce the heat to medium-low.

Simmer until the flavors blend, about 2 hours.

Reheat the prepared broth to the boiling point and add the clams and mussels.

Cover and cook until the clams and mussels begin to open, about 5 minutes but watch it.

Add the shrimp, squid and fish.

Simmer gently until the fish, squid and shrimp are just cooked through, and the clams are completely open, stirring gently, about 5 minutes longer (discard any clams and mussels that do not open).

Season the soup, to taste, with more salt and red pepper flakes.

Serve family-style with crusty (preferably sourdough) bread.