

Cioppino

(12 servings)

Ingredients

- ½ cup olive oil
- 2 cups dry white wine
- 3 cups chopped yellow onions
- 56 ozs canned crushed plum tomatoes and their juices
- 1 ½ cups chopped green bell peppers
- 4 cups fish stock
- 1 ½ cups chopped celery
- 2 whole Dungeness crabs, quartered
- ½ cup chopped fennel
- 2 lbs clams, well scrubbed and de-bearded
- 4 tbl minced garlic
- 2 lbs firm fish, such as halibut or snapper, cut into 1-inch cubes
- 2 bay leafs
- 3 tsp Essence, recipe follows
- 2 tsp salt
- 2 lbs medium shrimp, shelled and deveined
- 2 tsp dried oregano
- 1 quart oysters and their juices, picked over for shell
- 2 tsp red pepper flakes
- 2 lbs mussels, squid, scallops (your preference)
- 1 tsp dried fennel seeds
- ½ cup chopped fresh parsley
- 1 tsp dried thyme
- 1 cup freshly grated Parmesan
- 1 tsp ground black pepper
- ½ cup chopped green onions, green tops only
- ½ cup tomato paste

Directions

- ❑ In a large pot, heat the oil over medium-high heat. Add the onions, bell peppers, and celery, and fennel, and cook, stirring, until soft, about 4 minutes. Add the garlic, bay leaf, salt, oregano, red pepper, fennel seeds, thyme, and black pepper, and cook, stirring, until fragrant, about 1 minute. Add the tomato paste and cook until starting to brown, about 2 minutes. Add the white wine, stir to deglaze the pan, and cook until half of the wine is evaporated, about 2 minutes.
- ❑ Add the plum tomatoes and their juices and the fish stock and bring to a boil. Reduce the heat and simmer, partially covered, for 30 minutes. Add the crab quarters, clams, and mussels, and simmer until the shells open, about 6 to 7 minutes. Remove and discard any unopened shells.
- ❑ Lightly season the fish and shrimp with the Essence and add to the pot. Add the oysters and stir. Simmer, covered, until cooked through, about 5 minutes. Remove from the heat and discard the bay leaf. Stir in the parsley. Ladle into large soup bowls and sprinkle each serving with Parmesan cheese and green onions.