

CIOPPINO

Ingredients

- 3 tablespoons extra virgin olive oil
- 1 large fennel bulb, cored and thinly sliced (frond tips set aside)
- 1 large sweet onion, chopped
- 3 shallots, chopped
- ½ teaspoon fine sea salt
- 4 large garlic cloves, minced
- ¾ teaspoon red pepper flakes
- ¼ cup tomato paste
- 1 28-ounce can crushed tomatoes, no salt added
- 1½ cups dry white wine*
- 4 cups fish stock
- 1 cup water
- 1 bay leaf
- 1 pound clams, cleaned
- 1 pound mussels, cleaned
- 1 pound uncooked large shrimp, peeled and deveined
- 1½ pounds firm white fish (such as haddock), cut into 1½-inch pieces
- ½ cup fresh parsley, chopped
- ¼ cup green fennel fronds (from the fennel bulbs), chopped

*Note: To make this recipe without wine, substitute with equivalent amount of fish stock or vegetable broth, plus 1 tablespoon white wine vinegar.

Directions

1. Heat the oil in a large pot over medium heat. Add the fennel, onion, shallots, and salt and sauté until translucent, about 10 minutes.
2. Add garlic and red pepper flakes; cook 2 minutes.
3. Add tomato paste, crushed tomatoes, wine (or stock and vinegar), stock, water, and bay leaf. Cover and bring to a simmer.
4. Reduce the heat to medium-low. Cover and simmer for about 30 minutes.
5. Add the clams and mussels to the pot. Cover and cook until they begin to open, about 2 minutes.
6. Add the shrimp and fish. Turn up heat to simmer gently until fish and shrimp are barely cooked through and clams are completely open, stirring gently, about 4–5 minutes longer. Discard any clams and mussels that do not open.
7. To serve, ladle the soup into bowls and add parsley and ¼ cup fennel fronds to garnish.

1 ½ HOURS | SERVES 6

Nutrition Facts (using dry white wine)

352 calories | 9g fat | 2g saturated fat | 687mg sodium | 18g carbohydrate | 4g fiber | 8g sugar | 39g protein