

Cioppino

4 garlic cloves, minced
1/4 cup olive oil
1 medium onion, chopped fine
1/2 tsp dried hot red pepper flakes
1 green bell pepper, chopped
1 tbs red-wine vinegar
1 cup red cooking wine
1 tsp dried oregano, crumbled
1 bay leaf
2 28-to 32-ounce can whole tomatoes including juice, puréed coarse
1 tbs tomato paste
2 dungeness crabs
12 small hard-shelled clams, scrubbed well
1 pound medium shrimp, shelled, leaving tails and first joint intact (or
deshelled and devained)
1 pound sea scallops
1 pound scrod or other white fish fillet, cut into 1-inch pieces
italian parsley leaves
baguette, sliced

In a heavy kettle (at least 5 quarts) cook garlic in oil over moderate heat, stirring, until pale golden. Add onion and cook, stirring, until softened. Add pepper flakes and bell pepper and cook, stirring, until softened. Add vinegar and boil until evaporated. Add wine, oregano, and bay leaf and simmer 5 minutes. Stir in tomato purée and tomato paste and bring to a boil. Take out bay leaf and puree sauce.

Add crabs and clams and simmer, covered, 15 to 20 minutes, checking often and transferring clams as they open with tongs to a bowl (discard unopened ones). (I often boil the crab first, cool to room temp and then break apart to put in juices and pieces in sauce)

Add shrimp, scallops, and fish to soup and simmer, covered, 5 minutes, or until seafood is just cooked through. Stir in crabs gently, their liquid, and clams and sprinkle with parsley/sprig to finish. Serve warm with baguettes. Serves 4-6.

Tracy



A recipe from Dan Delcollo's web site
www.delcollo.us/recipeindex.html