

Cioppino

2	Large Crab-steamed and meat removed
2	Snow crab claws per person
1½ lb	Prawns (16 – 20 count)
1½ lb	Fresh Clams
1½ lb	Fresh Mussels
¾ lb	Raw Halibut, Monk Fish or Sea Bass
¾ lb	Raw wild salmon (Spring/Coho/Sockye)
3	8oz. cans tomato paste
½ cup	Olive oil
3	Tbsp Butter
2	Medium onions-diced small
7	Cloves of garlic-crushed
1 tsp	Sugar
1 tsp	Salt
1 tsp	Pepper
1 tsp	Basil
1 tsp	Oregano
1 tsp	Thyme
6 Tbsp	Fresh Parsley-chopped
3	Bay Leaves-crushed
8 cups	dry Italian white wine
7 cups	water
1	Lemon-juice of

In a large pot, sauté the onion & garlic in the olive oil and butter until the onion is soft (tender??).

Add the tomato paste, water, lemon juice, white wine, salt, pepper, herbs & sugar. Stir well and simmer for 40mins.

Add seafood, except for cooked crab, and simmer for 15mins.

Cooked crab meat should be added just before serving so as to warm it through but not cook any further.

Cover pot, shake several times and serve with French bread or Foccacia & butter.

Serves 8