

Cioppino

Category: Seafood

Servings: 2

Rating: 10

Source: Ian and Steph Smith

Description:

We like this as a second course after Jalapeno Corn Crab Cakes. Serve with a cold, crisp Sauvignon Blanc, preferably a Sancerre or, if you feel like being in San Francisco, an old vines Zinfandel. Serves two generously, for a party of 8, triple the recipe.

Ingredients:

red bell pepper	1/2, chopped coarsley
green bell pepper	1/2, chopped coarsley
onion	1 medium
celery	1/2 cup minced
carrot	1/2 cup minced
green onion	4 stalks, sliced thinly
garlic	2 large cloves
olive oil	2 tablespoon
basil	fresh, 4-5 medium size leaves, minced
parsley	2 tablespoons, chopped
white wine	1 cup
tomato paste	2 tablespoons
tomato	1 - 14 ounce tin puréed
fish stock	1 1/2 cups
oregano	1/4 teaspoon dried
thyme	1/4 teaspoon dried
pepper	1/4 teaspoon
sugar	1/4 teaspoon, or to taste
peychaud bitters	dash
tabasco	1/8 teaspoon, or to taste
little neck clams	12
mussels	8
calamari rings	6 ounces
prawns	6 ounces, medium large, peeled and deveined
scallops	6 ounces, Nova Scotia 30-40 size, hnges removed
halibut	6 ounces, skinned and cut into 2" chunks
sourdough bread	1/2 a baguette

butter, unsalted as required for the bread

Instructions:

Char the peppers under the broiler until blackened and then put them in a paper bag for 10 minutes. Peel, seed, and chop them up. Meanwhile, chop the vegetables coarsely individually and then more finely all together. Mince the fresh herbs together and set aside.

Heat the oil and sauté the vegetables until they are softened. Add the wine, tomatoes, stock, and dry herbs and simmer, covered for one hour. Add the fresh herbs, bitters, sugar, pepper, and hot sauce to taste. Set aside until ready to use. Chopping the vegetables together and making the sauce the day before (or even two days before) both help to meld the flavours.

Bring the sauce to a boil. Reduce heat to maintain a steady simmer and then check for seasoning. Add salt, chili flakes, sugar, or whatever else the stock needs to make it perfect.

Simmer for a few more minutes and then add the clams. Raise the heat to bring the stew back to a simmer and then add the rest of the seafood except the calamari. As soon as the stew starts to bubble again, lower the heat and simmer with the lid on until the shells open, about 6-8 minutes. Add the calamari about 3 minutes before you think the stew might be ready.

Serve with the sourdough bread and butter.