



Authentic Italian Cioppino

Ingredients

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| 6 tablespoons olive oil | 1 1/2 cups dry white wine |
| 1 large fennel bulb, thinly sliced | 8 cups fish stock |
| 3 onion, chopped | 2 bay leaf |
| 4 Shallots, chopped | 4 teaspoons Italian spices, plus more to taste |
| 4 teaspoons salt | 4 teaspoons of Oregano |
| 6 large garlic cloves, finely chopped | 2 pound mussels, scrubbed, debearded |
| 1 teaspoon dried crushed red pepper flakes | 1/2 pound uncooked large shrimp, peeled and deveined |
| 1/4 cup tomato paste | 1 pound firm fish – halibut, black cod or salmon, cut into 2-inch chunks |
| 3 (28-ounce) can diced tomatoes in juice | |
| 1 pound manila clams, scrubbed | |
| (or sub more mussels or fish) | |

Method

Heat the oil in a large pot over medium heat. Add the fennel, onion, shallots, and salt and sauté until the onion is translucent, about 10 minutes. Add the garlic the red pepper flakes, Italian spices and oregano, sauté 2 minutes. Stir in the tomato paste. Add tomatoes with their juices, wine, fish stock and bay leaf. Cover and bring to a simmer. Reduce the heat to medium-low. Cover and simmer until the flavors blend, about 1 hour.

Pour 1/2 of the cooking liquid into another pot and add the mussels to it. Cover and cook until the mussels begin to open, about 5 minutes.

In the other pot add the shrimp, scallops and fish. Simmer gently until they are just cooked through. Serve over Papardelle.