

Blackberry Sage Oolong Cioppino

TOTAL COOKING TIME: 1 hour 15 minutes

SEAFOOD:

1 lb baby octopus, cleaned

1 lb shelled crab meat

6-8 crab claws

1 lb large shrimp, peeled and deveined

1 lb monkfish, cut into chunks

1 lb halibut, cut into chunks

1 lb cod, cut into chunks

1 lb clams, scrubbed

1 lb mussels, scrubbed and debearded

1 lobster, cooked and cut into pieces

VEGETABLES AND OTHER INGREDIENTS:

2 lg potatoes, peeled and diced

1-pint cherry tomatoes, halved

1 lg onion, finely chopped

4 cloves garlic, minced

1 red bell pepper, diced

1 C dry white wine

4 C chicken stock

2 C brewed Blackberry Sage Oolong tea

1 can (28 oz) crushed tomatoes

2 T tomato paste

2 T fish sauce

2 t Old Bay seasoning

1 t dried thyme

1 t dried oregano

1 t red pepper flakes (optional)

Salt and pepper to taste

2 T olive oil

Fresh parsley, chopped (for garnish)

Lemon wedges (for serving)

PREPARE THE BROTH: Heat the olive oil over medium heat in a large pot. Add the onion, garlic, and red bell pepper, and sauté until the vegetables are softened, about 5-7 minutes. Stir in the tomato paste and cook for another 2 minutes. Add the white wine and let it simmer until reduced by half. Pour in the chicken stock, brewed Blackberry Sage Oolong tea, crushed tomatoes, and cherry tomatoes, and stir to combine.

SEASON THE BROTH: Add the fish sauce, Old Bay seasoning, thyme, oregano, and red pepper flakes (if using). Season with salt and pepper to taste. Bring the mixture to a boil, then reduce the heat and let it simmer for about 20 minutes to allow the flavors to meld.

COOK THE POTATOES: Add the diced potatoes to the pot and cook until they are tender, about 10-15 minutes.

ADD THE SEAFOOD: Start by adding the baby octopus and cook for about 5 minutes. Next, add the crab meat, crab claws, shrimp, monkfish, halibut, and cod. Simmer for another 5-7 minutes until the fish is just cooked through. Finally, add the clams, mussels, and lobster pieces. Cover the pot and cook until the clams and mussels have opened, about 5 minutes. Discard any that do not open.