



Cioppino SF Style

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Serves 6 to 8 with seconds

Time: As long as it takes



Ingredients

- ½ cup butter or substitute olive oil for healthier soup
- 1 Fennel small bulb finely chopped or onion if you take it
- 1 Fennel bulb thinly sliced
- 1 Tbls Fennel Pepper or 4 cloves garlic minced if you can take it
- ½ bunch fresh parsley chopped
- 1 Tablespoon dried basil or 3 Tbls fresh basil
- 1 teaspoon kosher salt
- ½ teaspoon dried thyme or 2 Tbls fresh
- ½ teaspoon dried oregano or 2 Tbls fresh
- ½ teaspoon crushed red pepper flakes
- 1 ½ cups white
- 1 28 ounce can crushed tomatoes
- 1 14.5 ounce can diced tomatoes
- 5 cups fish or seafood stock*
- 2 bay leaves
- 1 pound small clams
- 1 pound mussels scrubbed and debearded
- 2 pounds crab (about 2 cooked Dungeness crabs)
- 1 pound uncooked large shrimp peeled and deveined
- 1 pound bay scallops
- ½ pound langoustine, lobster or cod fillet cut into large chunks
- Fresh basil and parsley chopped
- Lemon wedges

Crab - about 2 cooked Dungeness crabs with meat removed, chilled. Spoon large crab lumps on bowl when serving.

Alternatively, remove the crabs legs from the body to cook in the Cioppino. Use body meat as smaller garnish lumps.

Garnish with fresh basil and parsley chopped and a lemon wedges to squeeze on the crab

If no langoustine, cod or lobster, try another firm-fleshed fish like halibut or salmon

*Wine can be replaced with additional fish stock, *fish stock can be substituted for chicken stock*

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Preparation

1. Heat the olive oil or melt the butter over medium heat in a large stock pot, then add the finely chopped fennel and Fennel Pepper. Sauté until the fennel is soft, about 10-15 minutes. Add the thinly sliced fennel and sauté for another 5 minutes. Add basil, salt, thyme, oregano, and red pepper flakes and sauté 2-3 minutes longer.
 2. Add the white wine, crushed and diced tomatoes, fish stock, and bay leaves, then cover and reduce the heat to medium-low. Simmer for 30-45 minutes so the flavors can come together.
 3. While the soup mixture simmers, wash and prepare seafood. See crab preparation options below~. After flavors come together, go to next step.
 4. Increase the heat to medium and add the clams and mussels to the soup and cook for 5 minutes until they start to open.
- Then add the crab legs and cook for another minute, followed by the shrimp and scallops. Last, lay the langoustine or chunks of cod on top of the soup and cover and cook for 3-5 minutes until the mussels and clams are open, the shrimp, scallops and langoustine are just firm. Now its Cioppino.
5. Ladle the Cioppino into large bowls garnish with chopped fresh parsley and basil, and add a large blob of fresh crab meat on top. Squeeze lemon on the crab.
 6. Serve with warm, crusty French or sourdough bread. Melt some cheese on the bread or make toast Italian style with olive oil, salt and pepper. Have plenty of napkins, extra bowls for shells, and nutcrackers and tiny forks on hand for the crab.

~ Remove meat from crab body and legs or from meat body and remove legs to leave for the Cioppino. Use a nutcracker to crack the shells and leave

the meat in the leg and claw shells so that the meat can be easily removed once served. set aside and refrigerate meat to garnish each bowl with a blob of crab.

** If Dungeness crab is not available, you could use snow crab, blue claw, stone crab claws, or even Alaskan King crab. Also, you could just use crab

meat instead of the legs and body, which would certainly make this Cioppino easier to eat, although it is such a fun presentation to have the crab legs.

* You can replace all or part of the fish or seafood stock with the same amount of

chicken stock along with a small bottle of clam juice instead.