

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Zesty Cioppino

Blended from Many Sources, Web and Print

A great Italian seafood stew, invented in California; go figure...

*1/3 cup light olive oil
1 cup finely chopped white onion
2 stalks celery, chopped
2 carrots, sliced
2 potatoes, peeled, cubed
1/4 cup chopped flat-leaf parsley
1/4 cup chopped fresh cilantro
1 Tbsp chopped fresh marjoram
3 tsp minced garlic
1-2 Tbsp chile-garlic sauce (or harissa)*

*1/8 tsp cayenne powder
2 cup white wine
2 cup fish stock or clam juice
2 cup canned crushed tomatoes
12-16 mussels, debearded, scrubbed
1/2 lb clams in shell, scrubbed
1 1/2-2 lb cooked crab pieces, in shell
1/2 lb large shrimp, peeled, deveined
3/4 lb cod or halibut, in 3/4-inch pieces
salt and pepper, to taste*

Heat oil in a large pot over medium-high heat. Sauté onion and celery for a couple minutes, then add carrots, potatoes, herbs, garlic, chile-garlic sauce and cayenne. Stir for a couple minutes, then add wine, fish stock and tomatoes. Bring quickly to a boil, reduce heat to simmer for 10-12 minutes, until potatoes are nearly tender but still a bit resistant to a fork.

Turn heat up a bit under the pot, to about medium or so; enough to keep pot bubbling along as you add ingredients. Add mussels and clams; cook for 5-7 minutes, until mussels open. Discard any mussels that don't open! Add remaining seafood and cook until shrimp are nicely pink and fish is done in the center, 4 to 6 minutes. Season to taste, including adding any additional chile-garlic sauce or cayenne to adjust zestiness. Ladle into generous soup bowls; serve with white wine and crusty sourdough bread.

Yield: Six to eight servings
Preparation time: 30 minutes
Cooking time: 35-40 minutes

