

# Cioppino

It's New Year's Eve and Cioppino, the Italian inspired fish stew, is on the menu. Celery, onion, sweet peppers, fennel and capers punctuate a tomato-based broth that features a variety of seafood. Use frozen, cooked cod from freezer (you saved this in the first week of Dec.) and thaw it on a plate in the fridge during the day. If necessary, set it out to thaw on the counter about an hour before you start cooking.

Pick up fresh shrimp and mussels as needed. If you have no frozen cooked fish, bake about 6 oz. of cod today.

**Preparation Time: 1 and 1/2 hours (assembly and rest time) Serves: 4**

## Organize Your Ingredients!

### Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). Prep ingredients for Cioppino and Salad before you begin.

**Cioppino**

- 1 tsp. olive oil
- 6 oz. thawed, cooked cod
- 1 tsp. canola oil
- 8 oz. large fresh shrimp (shelled and deveined)
- 1 tsp. olive oil
- 2 cloves garlic (smashed and chopped)
- 1-1/2 C. yellow onion (chopped)
- 1-1/4 C. celery (chopped)
- 1 C. fresh fennel (chopped)
- 3/4 C. or 1 medium carrot (chopped)
- 2/3 C. green bell pepper (chopped)
- 2/3 C. red bell pepper (chopped)
- one 29 oz. can chopped tomatoes
- 1/2 C. white wine
- 2 C. low-sodium vegetable broth
- 2 C. water
- 1 cube Not Chick'n bouillon
- 1/2 tsp. Spanish Saffron
- 1/4 C. boiling water
- 2 tsp. Asian pepper sauce
- 1 bay leaf
- 1 T. dry basil leaves
- 2 tsp. dry oregano leaves
- 3 T. capers
- one 6 oz. can chopped clams and juice
- 1/4 lb. cooked shrimp
- 4 fresh mussels in the shell (scrubbed)
- 1/4 C. dry sherry

### Salad and Dressing

Fixings for a green salad

#### Honey Mustard Dressing:

- 2 T. olive oil
- 3 T. Balsamic vinegar
- 1 tsp. prepared mustard
- 1 tsp. honey
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/3 C. low-sodium vegetable broth

### Bread

- 1 loaf of your favorite artisan bread
- or
- 2 artisan rolls per diner

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

It's all about the soup tonight. Allow about 35 minutes to assemble and let it rest for an hour.

### Pre-cooked Fish

1. If you need to cook some cod, drizzle a 6 oz. fillet with additional lemon juice and bake in a 400° oven for 15 minutes. Let cool enough to handle. Break pieces of fillet into the soup at the end of the soup assembly.
2. If you have raw shrimp, measure 1 tsp. canola oil into a small sauté pan. Heat oil until it shimmers. Toss the raw shrimp into the oil. Cook the shrimp 1-2 minutes per side and remove from pan. They'll be light pink after they're cooked. Drizzle with 1 tsp. lemon juice after you've cooked them. Add shrimp to cioppino at the end of the soup assembly.

### Cioppino

1. Sauté garlic, onion, celery and fennel in oil. Sauté until onion turns translucent.
2. Add chopped carrots and toss for 2 more minutes.
3. Add chopped peppers and toss for 2 more minutes.
4. Add canned tomatoes and wine. Bring to boil.
5. Add broth, water and bouillon cube to tomato mixture and bring to a boil. Reduce heat to low, cover, and cook 10 minutes.
6. In a separate bowl, add saffron threads to boiling water and let stand a few minutes.
7. Add saffron, pepper sauce, remaining spices and capers and cook another 10 minutes.
8. Add canned clams with juice and raw muscles in the shell.
9. Add cooked shrimp, broken cooked cod and dry sherry. Bring to a boil and turn off heat. If possible, let it rest 1 hour until ready to serve.

### Bread, Salad and Honey/Mustard Dressing

1. Wrap bread in foil and place in a 200° oven for 15 minutes before you dine.
2. Assemble salads on individual plates.
3. Combine all honey/mustard dressing ingredients in a jar with a tight-fitting lid. Shake well and pour into a serving container.

### What I've Learned from this Recipe

There are a few items that really make a difference in the finished flavor of the cioppino. The saffron, capers and dry sherry added at the end of the assembly are major players.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)