

# Zuppa di Mare

In Italian, Zuppa di Mare means soup of the sea. Tonight we'll use leftover halibut. I happen to think that "Zuppa di Mare" sounds tidier and more appetizing than "fish soup."

You'll be combining pieces of leftover baked halibut with chopped shrimp in a tomato, red wine and broth base. Add fresh onion, fennel, celery and peppers, along with Italian spices and capers to complete the final touches on this dish.

Throw together a nice green salad to add to the mix and a piece of fresh fruit as a finish. Fantastico!

**Preparation Time: 40 minutes - 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 soup and salad before you begin. Thaw 4 large raw shrimp (shelled and deveined). Place shrimp in a sieve and run cold water over them periodically until they're thawed.

### Zuppa di mare

4 large frozen, shelled and deveined, raw shrimp (thawed)  
1 tsp. olive oil  
6 mushrooms (washed and coarsely chopped)  
one 6" zucchini (chopped)  
1 clove garlic (smashed and chopped)  
1 tsp. olive oil  
1/2 C. yellow onion (chopped)  
3/4 C. fresh fennel (chopped)  
1/2 C. celery (chopped)  
1/2 C. red bell pepper (chopped)  
1/2 C. green bell pepper (chopped)  
2 C. low-sodium veggie broth  
1 large can no-salt chopped tomatoes  
1/2 C. red wine  
1 T. dry basil leaves  
1 tsp. dry oregano leaves  
1/4 tsp. dry rosemary leaves (ground fine)  
1 bay leaf  
  
1 tsp. canola oil  
4 thawed raw shrimp (from above)  
2 T. liquid from soup  
  
2 C. leftover baked halibut (broken into large pieces)  
dash of Tabasco to taste  
2 T. capers

### Bread, Salad and Dressing

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

#### Fixings for a green salad

#### Il Semplico Dressing:

3 T. extra-virgin olive oil  
1/2 tsp. Dijon mustard  
2 T. white balsamic or rice wine vinegar  
3 T. low-sodium vegetable broth  
pinch of salt

### Fruit

1 fresh nectarine or pear (pitted, sliced)

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

### Basic Assembly Instructions

It's all about the soup tonight. Just put it together, make a salad and call folks to the table.

### Zuppa di Mare

1. Using a large sauté pan, brown mushrooms in oil and remove from pan.
2. Using the same pan, brown zucchini. Once both sides are brown, drop in garlic and toss until garlic becomes fragrant. Remove from pan and set aside with mushrooms.
3. Add second tsp. olive oil to pan and toss onion, fennel and celery until they begin to brown. Add chopped red and green bell peppers and toss another 2 minutes.
4. Transfer all of the above vegetables to a soup kettle and continue.
5. Add 2 C. broth, canned tomatoes, red wine and spices (including bay leaf) to soup kettle. Cover and simmer 15 minutes.
6. While soup cooks, sear shrimp. You can use the same pan used for the vegetables. Heat canola oil and drop thawed shrimp into pan. Toss 3-4 minutes in hot oil until they turn pink. Add 2 T. liquid from soup and toss until liquid disappears. Remove from heat.
7. Let shrimp cool enough to handle and cut into pieces.
8. Add broken fish pieces and shrimp to broth. Reduce heat to low and cook 5 minutes.
9. Season with Tabasco to personal taste and add capers.

Remove soup from heat and let stand 5-10 minutes.

### Bread, Salad and 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 dressing ingredients in a jar with a tight-fitting lid. Shake well and pour into a serving container.

### Fruit

1. Serve bowls of soup (about 2 C.) with a thick slice of warm bread or rolls.
2. Serve salad on the side.
3. Fan sliced fruit on another side plate.

### What I've Learned from this Recipe

Leftover fish becomes a versatile leftover and soup is one of my favorite ways to make use of it. A soup like this can be made with any of the white fleshed fish.

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