

Cioppino (Seafood Stew)

Le ricette di cucina di Angela Bleacher



We always eat a seven fish dinner on Christmas Eve. I have made life easier with this recipe as it calls for five types of fish and seafood. Only two more fish entrees and the cooking is done!

Ingredienti

1 1/2 lbs. boned bass, halibut or grouper
1 lb. shrimp, cleaned and shelled
2 doz. black mussels (beard removed and scrubbed)
1 cup parsley, chopped
1/2 cup olive oil
6oz. can tomato paste
1 small lemon, sliced thin
1 tsp. oregano
Fresh ground black pepper
3 1/2 lbs. lobster tails (cut up)
1 dozen small clams, scrubbed
2 cups onion, chopped
1/2 cup green pepper, chopped
6-8 garlic cloves, minced
1 (35 oz.) can plum tomatoes
2 cups dry red wine
1 tsp. basil
Salt, optional

Come Fare

Combine onion, green pepper, and garlic with the olive oil in a large pot or kettle (similar to pasta pot).

Saute over low heat, stirring occasionally about 10 minutes.

Add tomatoes, paste, wine, lemon and 1/2 cup of parsley and all the other seasoning.

Bring to a boil, reduce heat, cover and simmer for 20 minutes.

Add fish, lobsters, shrimp and simmer for 5-10 minutes.

Add the mussels and clams, simmer 10 more minutes or until the clams and mussels are open.

Serve the Cioppino in soup bowls, on a slice of Italian bread.
Sprinkle with parsley. Serve with garlic bread and a good red wine.

Buon Appetito!

Please send recipes, comments and suggestions to

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