

Cioppino (Fisherman's Stew)

Pronounced “cha-pee-no”, this is a traditional Italian seafood stew and it’s delicious. One of our favorite cities in the U.S. is San Francisco which is where we first tasted this stew down on the pier. After eating all the delightful seafood, sop up the rich broth with French bread or sourdough. Nothing tops it off like a crisp cool glass of white wine on the side.

1 lb shrimp (raw) * 2 large crab claws, cracked * 1 lb fresh clams (or mussels) in the shell * 1/2 lb halibut * 2 – 6 oz cans tomato paste * 1/4 c olive oil * 1 large onion, diced * 5 cloves garlic (sliced) * 4 tbsp fresh parsley, chopped * 1/2 tsp sugar * 1/2 tsp salt * 1/2 tsp black pepper * 1/2 tsp basil * 10 c water

In large pot, sauté the garlic and onion in olive oil until soft. Add tomato paste, water, salt, pepper, parsley, basil and sugar. Stir well and simmer for 30-40 minutes. Add all the seafood and simmer for another 10 minutes. Voilà ...it’s cioppino. Serve with crusty bread for dipping.

Note: In actuality, I rarely have any or all of the seafood items above. I substitute canned whole baby clams including the broth or canned seafood like crab or shrimp or a mix plus the fresh fish. I’ve used tuna, dorado, most any fish we’ve caught. The results are always tasty.