Cioppino
Italian Seafood Stew

Preparation Instructions:
Heat 1/2 cup of the oil and 8 tbsp. of the butter in a large pot over medium heat. Add onions and cook, stirring often, for about 2 minutes. Add carrots, celery, peppers, leeks, and fennel and cook, stirring often, for about 5 minutes. Add crushed tomatoes, tomato paste, 4 cups water, bay leaves, oregano, thyme, basil, and cayenne and season to taste with salt and pepper. Bring to a boil, reduce heat to low, and simmer, stirring occasionally, for 2 hours.

Heat remaining 1/2 cup oil, 8 tbsp. butter, and garlic in a large, heavy skillet over high heat until fragrant, 1-2 minutes. Working in 2 batches, dredge fish and shrimp, in flour, shaking off excess, and fry, turning seafood frequently, until golden, 1-2 minutes. Transfer seafood with a slotted spoon to pot with sauce, and cover, and simmer for 5-6 minutes.

Add the wine to same skillet over high heat, scraping browned bits stuck to bottom of skillet. Add clams, cover, and cook until shells open, about 5 minutes. (Discard any clams that don't open.) Add clams and broth to pot; adjust seasonings. Ladle soup into large bowls, garnish with parsley, and serve with toasted sourdough bread, if you like.

Nutrition Facts:
Serving Size: 1-17oz bowl (483g).
Amount per Serving:
Calories 590, Fat Cal. 280 Total Fat 31g (48% DV), Sat. Fat 9g (45% DV), Cholest. 165mg (55% DV), Sodium 970mg (40%DV), Total Carb. 25g (8% DV), Fiber 5g (21% DV), Sugars 3g, Protein 44g.
Percent Daily Value (DV) based on a 2,000 calorie diet

Ingredients:
Adapted from OHSU Italian Heritage Menu: Serves 5
3/4 cup extra-virgin olive oil
4 tbsp. butter
3/4 medium yellow onion, peeled and chopped
1 medium carrots, peeled, trimmed, and chopped
1 rib celery, chopped
3/4 green bell pepper, cored, seeded, and chopped
3/4 leek, white part only, trimmed, cleaned, and chopped
3/4 small fennel bulb, trimmed and chopped
1 tbsp. tomato paste
2 bay leaves
3/8 tsp. dried oregano
3/8 tsp. dried thyme
3/8 tsp. dried basil
1 pinch cayenne
1 (28-oz.) cans crushed Italian tomatoes
2 cloves garlic, peeled and finely chopped
1 1/2 lb. Fish filets, cut into large pieces
15 large shrimp, peeled and deveined
flour for dredging
1 cups dry white wine
4 oz whole baby clams
3/4 lb clams in shell, live
1 tbsp. parsley, chopped
Salt and freshly ground black pepper to taste

Allergens:
Fish, Shellfish