



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

SEP 2009
Recipe 3

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(photo by Marc-Henri)

Spicy Italian Cioppino with a hint of Fennel.

PREPARATION

1 - Cook garlic, onion, fennel, bay leaf, oregano, and red pepper flakes with salt and pepper in oil in an 8-quart heavy pot over moderate heat, stirring, until onion is opaque and celery are softened, about 10 minutes. Stir in bell pepper and tomato paste and cook, stirring, 1 minute. Add wine and boil until reduced by about half, 5 to 6 minutes. Add tomatoes, tomato sauce, clam juice, and broth and simmer, covered, 30 minutes. Season with salt and pepper.

2. While stew is simmering, hack crab leg through shell into 2- to 3-inch pieces with a large heavy knife. Add crab pieces and clams to stew and simmer, covered, until clams just open, 5 to 10 minutes, checking every minute after 5 minutes and transferring opened clams to a bowl with tongs or a slotted spoon. (Discard any unopened clams after 10 minutes.) Lightly season fish fillets, shrimp, and scallops with salt and add to stew, then simmer, covered, until just cooked through, about 5 minutes. Discard bay leaf, then return clams to pot and gently stir in parsley and basil.

3. Serve cioppino immediately in large soup bowls.

RECIPE TIP: The stew (without seafood) can be made 1 day ahead. Cool, uncovered. Then chill, covered. Bring to a simmer before adding seafood.

INGREDIENTS

- 4 large garlic cloves, minced
- 1 medium onion, finely chopped
- 1 small fennel bulb, chopped
- 1/2 cup diced celery
- 1 Turkish bay leaf or 1/2 California bay leaf
- 1 tablespoon GC Farms' oregano icanola oil
- 1 teaspoon dried hot red pepper flakes
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1/4 cup olive oil
- 1 red bell pepper, cut into 1/4-inch dice
- 2 tablespoons tomato paste
- 1 1/2 cups dry red wine
- 1 (28- to 32-ounce) can whole plum tomatoes, drained and chopped
- 1 can tomato sauce
- 1 cup bottled clam juice
- 1 cup chicken broth
- 1 (1-pound) king crab leg
- 18 small (2-inch) hard-shelled clams, scrubbed
- 1 pound skinless red snapper or halibut fillets, cut into 1 1/2-inch pieces
- 1 pound large shrimp (16 to 20), shelled (tails and bottom segment of shells left intact) and deveined
- 3/4 pound sea scallops, tough muscle removed from side of each if necessary
- 1/4 cup finely chopped fresh flat-leaf parsley
- 3 tablespoons finely chopped fresh basil
- Shredded fresh basil leaves (for garnish)

COOK'S NOTE:

Hearty Cioppino is as much a Californian dish as it is Italian because of the communities of Italian fishermen in coastal locations such as San Francisco who have been making this specialty for generations.

Bon Apetit!
-George