

2021-04-11_Cioppino_Lindsay

Ingredients

2 cups fish stock

2 tbs olive oil

1 tbs butter

1 yellow onion, very thinly sliced

1 tbs minced garlic

1 stalk celery, finely chopped

Small fennel bulb, very thinly sliced

White wine

1 small can good tomatoes

Thyme

12 clams

12 mussels

1 small fillet salmon

2 halibut cheeks or a small piece of fillet

[Usually, I would also include prawns and squid but I'm cooking for two]

Crusty bread

Parsley

Procedure

Make or get fish stock. (e.g., I happened to have a salmon head in the freezer, which I thawed and put in a pot with carrot, shallot, celery, thyme, parsley, black pepper corns, bay leaf, and very gently seethed for half an hour or so and then let steep). Later, I added the mussel and clam shells. Then strained through a very fine sieve (beware grit).

Heat oil/butter in a large, lidded pan or pot and add onions and maybe some salt and cook at low heat, sometimes with lid on, until onions are super soft.

Brighten heat a bit and add garlic, celery, and fennel and saute for 2 min.

Add half a cup or so of white wine and some parsley and let frizzle a bit then add tomatoes and thyme. If tomatoes not super intense then add some tomato sauce (if you have some even though it is not in the

list of ingredients). Let the sauce simmer uncovered at low heat for half an hour while you clean and cook the shellfish.

Clean the clam and mussel shells. Saute some garlic and onion and celery in olive oil in a lidded pot, add clams, add white wine, cover, and cook at medium until they are open, shaking occasionally. Use a slotted spoon to remove the clams to a bowl and then cook the mussels in the same liquid and then spoon them out. Add these in at the end. Usually, I would leave them in the shell because that is visually dramatic, but my sweetie is bed-ridden at the moment so simpler eating is better so I took them out of the shell and put the shells in the fish stock.

Add a cup or two of fish stock to the tomato sauce and let it come to a simmer while you skin the fish and cut it into twice-bite-sized chunks. Add the fish, stirring in gently so as not to break the pieces. After about 3 minutes, add the clams and mussels.

Put slides of bread in bottom of bowls, spoon cioppino over, add parsley. Post photo to Twitter.

