CIOPPINO (ITALIAN-AMERICAN SEAFOOD STEW)

Category: Popular

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Cioppino (Italian-American Seafood Stew)

Cioppino is a classic Italian-American seafood stew that originated in San Francisco, known for its rich and flavorful tomato-based broth filled with an assortment of fresh seafood.

This hearty dish combines fish, shellfish, and crustaceans with aromatic herbs, garlic, and wine, creating a delectable and comforting meal. Traditionally served with crusty bread to soak up the savory broth, Cioppino is perfect for special occasions or a cozy family dinner.

Whether you're hosting a dinner party or simply craving a hearty, seafood-packed stew, this dish offers a perfect balance of flavors and textures.

Ingredients:

For the Cioppino:

1/2 lb cod fillets, cut into chunks

1/2 lb shrimp, peeled and deveined

1/2 lb mussels, cleaned and debearded

1/2 lb clams, scrubbed

1/2 lb squid, cleaned and cut into rings

1 medium onion, chopped

3 cloves garlic, minced

1/2 cup dry white wine

1 can (14 oz) crushed tomatoes

2 cups seafood stock or chicken broth

2 tablespoons tomato paste

1 teaspoon dried oregano

1/2 teaspoon red pepper flakes (optional, for heat)

1 bay leaf

1 teaspoon fresh thyme leaves (or 1/2 teaspoon dried thyme)

1 tablespoon olive oil

Salt and freshly ground black pepper, to taste

1 tablespoon fresh parsley, chopped (for garnish)

1 tablespoon fresh basil, chopped (for garnish)

For Serving:

Crusty bread, for dipping

Lemon wedges, for serving

How to Make:

Prepare the Base:

Heat the olive oil in a large pot or Dutch oven over medium heat. Add the chopped onion and garlic, sautéing for 3-4 minutes until softened and fragrant.

Deglaze with Wine:

Add the white wine to the pot and bring it to a simmer. Allow the wine to cook off for about 2 minutes, scraping the bottom of the pot to release any caramelized bits.

Add the Tomatoes and Broth:

Stir in the crushed tomatoes, tomato paste, and seafood stock (or chicken broth). Add the dried oregano, red pepper flakes (if using), bay leaf, and thyme. Bring the mixture to a simmer and cook for 10-15 minutes to allow the flavors to meld together.

Add the Seafood:

Carefully add the fish chunks, shrimp, mussels, clams, and squid to the pot. Stir gently, ensuring the seafood is evenly distributed in the broth. Cover the pot and simmer for another 8-10 minutes, or until the mussels and clams have opened and the shrimp is pink. Discard any mussels or clams that do not open.

Season the Stew:

Taste the broth and adjust seasoning with salt and freshly ground black pepper as needed. If you like it spicier, you can add more red pepper flakes at this stage.

Serve:

Ladle the Cioppino into bowls, ensuring a mix of seafood in each serving. Garnish with fresh chopped parsley and basil for a burst of color and flavor.

Enjoy:

Serve the Cioppino hot with slices of crusty bread to dip into the rich tomato broth. Squeeze fresh lemon juice over the stew to add a touch of acidity and brighten the flavors.

Chef's Note:

Cioppino is incredibly versatile, and you can use whatever fresh seafood is available to you. If you can't find all the seafood

mentioned, you can swap in other types of fish, such as halibut or sole, and other shellfish like scallops or lobster tails. The key to Cioppino is to use the freshest seafood you can find, as it will make all the difference in the final dish.

For an even heartier stew, you can serve the Cioppino over a bed of pasta or rice. If you prefer a thicker broth, you can blend a portion of the tomatoes and broth before adding the seafood.

Nutritional Information (per serving, based on 6 servings):

Calories: 290

Protein: 35g

Carbohydrates: 18g

Fat: 8g

Fiber: 3g

Sugar: 6g

Sodium: 650mg

Cioppino is a rich, flavorful seafood stew that brings together a variety of fresh seafood in a savory, tomato-based broth. The combination of tender fish, shellfish, and aromatic herbs makes it a true crowd-pleaser, whether served at a family dinner or a special occasion.