

# CIOPPINO (ITALIAN SEAFOOD STEW)

**F EASY**

Last Modified: 12/02/2016

PREP: 1 Hr  
COOK: 1 Hr 30 Min  
STOVETOP

ITALIAN

**MAKES 8 To 10 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
<b>STEW SAUCE</b>			
3/4	Cup	Unsalted Butter	
2	Large	Yellow Onions	Chopped
2	Cloves	Garlic	Chopped
1	14 1/2 Oz	Can Stewed Tomatoes (Hunts)	
1	14 1/2 Oz	Can Crushed Tomatoes (Hunts)	
2	14 1/2 Oz	Cans Seafood Stock (Swanson)	
SUBSTITUTE (IF NECESSARY)			
2	14 1/2 Oz	Cans Chicken Stock (Swanson)	
1	Tbsp	Dried Basil	
1/2	Tsp	Dried Thyme	
1/2	Tsp	Dried Oregano	
2	Whole	Dried Bay Leaves	
1 1/2	Cups	Dry White Wine (Chablis)	
OR IF YOU LIKE A REDDER SAUCE			
1 1/2	Cups	Dry Red Wine (Pinot Noir)	
<b>SEAFOOD</b>			
1 1/2	Pounds	Large Shrimp (31 / 35 Count)	Raw
1 1/2	Pounds	Bay Scallops	Rinsed
18	Small	Clams	Washed
18		Mussels (Beards Removed)	Washed
1 1/2	Pounds	Crab Clusters	
1 1/2	Pounds	Firm White Fish (Cod, Halibut, Catfish, Flounder, etc.)	
<b>PREPARATION</b>			
<b>FACTOID</b>	The Stew Sauce for this dish is absolutely to die for. You can make this dish using ANY Seafood Mixture you like or you can even limit it to just a single item (Shrimp or Mussels or Clams or Crab Clusters or Scallops, etc.)		
<b>TOOLS</b>	1) Food Processor OR Blender 2) Stock Pot & Lid		
<b>PREP</b>	<b>DISH</b> 1) Chop the Garlic Cloves and set them aside. 2) Chop the Yellow Onions and set them aside.		
<b>1</b>	Rinse the Clams and / or Mussels - Any that are open, squeeze once to see if it will close - If it doesn't close, it is dead - DISCARD IT. If using Mussels, remove the beards. "Spit" the Clams by running cold water over them for several minutes to flush any excess sand & grit away.		

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<b>2</b>	In a stock pot over medium heat, melt the Butter until it stops bubbling (The water has evaporated). Add in the Onions and Saute them until transparent. Add in the Garlic and Parsley and Saute for 3 minutes more.
<b>3</b>	Add in the remaining Sauce ingredients, except for the Bay Leaves. Bring it to a boil, reduce the heat to low and simmer it uncovered until the Sauce begins to thicken nicely or about 1 hour.
<b>4</b>	Pour the Sauce into a food processor and run on high speed until smooth. Return the Sauce to the stock pot over high heat, add in the Bay Leaves.
<b>HINTS</b>	<b>In Step #5:</b> The order that the chosen Seafoods are added into the stock pot is determined by how long each item takes to actually cook: Squid, Clams, Mussels, etc. in first. Scallops, Crab (raw), Fish, etc. in second and Shrimp simply added on top last to steam with the pot covered until they just turn Pink. Crab Legs should be added during the final 3 minutes since they are pre-cooked and only need to be reheated.
<b>5</b>	Increase the heat to high. Add in the Clams and stir until they just start to open. Add in the Mussels and Stir until they just begin to open - Discard any that did not open. Add in the remaining Seafood(s) in their correct order.
<b>SERVE</b>	Ladle the Stew into large bowls and serve while hot.
<b>OPTION</b>	A VERY special touch is to also serve a platter of nice Crusty Bread on the table for soaking up any extra Sauce.