



THE ingles TABLE

SWEET MEMORIES

Seafood Cioppino



INSTRUCTIONS

- Start by browning the pollock. Lightly season the fish with 1/2 tsp. salt and 1/2 tsp. pepper.
- Heat 2 tbsp. of oil in an 8-quart heavy pot then add the pollock. Cook until lightly browned on each side and then remove to a plate. The pollock will not be completely cooked at this time, it will finish when we add it back into the pot in a later step.
- In the same pot, add 2 more tbsp. oil along with the peppers, onions, garlic, bay leaf, oregano, crushed red pepper flakes, salt, and pepper. Cook until onions are softened, about 5 minutes. Add in the tomato paste, stir for 1 minute to heat up the paste.
- Next, add the wine and bring to a boil until reduced by about half, 5 to 6 minutes.
- Reduce heat to medium and add tomatoes with their juice, clam juice, chicken broth and simmer, covered for 5 minutes. Add the previously browned pollock along with the clams and mussels to the pot, cover and simmer until the mussels and clams open. (Discard any that don't open after approximately 5 minutes.)
- Now it's time to add the shrimp...cover and simmer another 3 minutes or until the shrimp is warmed through. Discard bay leaf and gently stir in the basil and parsley. Serve cioppino in large soup bowls. Don't forget a piece of crusty bread for dipping.

SHOPPING LIST

PRODUCE:

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- 2 medium onion, diced
- 1 green bell pepper, diced
- 1/4 cup fresh Italian parsley, chopped
- 1/4 cup fresh basil, torn
- 4 garlic cloves, minced or grated
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SEAFOOD:

- 2 doz. clams
- 2 doz. mussels
- 1-lb. pollock (or any hearty fish)
- 1-lb. lg. cooked shrimp, shelled and deveined (16-20 count or larger), tails on

SPICES:

- 1 tsp. dried crushed red pepper flakes
- 1 tsp. dried oregano
- 1 bay leaf
- 1 1/2 tsp. salt
- 1/2 tsp. black pepper

OTHER ITEMS:

- 1 – 8 oz. jar clam juice
- 1 cup chicken broth
- 1/2 cup extra virgin olive oil
- 1 1/2 cups dry red wine, (cabernet or red blend)
- 1 – 28 oz. can whole plum tomatoes, including juice, hand crushed
- 1 tbsp. tomato paste crusty Italian bread