

SEAFOOD CIOPPINO (FISH STEW)



INGREDIENTS

2 tablespoons extra virgin olive oil	1 can diced tomatoes, 28 ounces (preferably fire roasted)
1 each large yellow onion, diced	24 ounces Spicy V-8® vegetable juice
2 cloves garlic, minced	1 pound white fish, 1" dice
1 each green bell pepper, diced	1/2 pound shrimp
1 stalk celery, diced	24 each clams or mussels, scrubbed
1/2 teaspoon thyme	4 tablespoons Italian parsley, chopped
1/4 teaspoon basil	Kosher salt
1/4 teaspoon oregano	
1 each bay leaf	
2 teaspoons fresh ground black pepper	
1 cup white wine	

CARD 1 OF 2

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DIRECTIONS

1. In a heavy Dutch oven over medium heat caramelize the onion, when it starts to color add the garlic, pepper and celery. Continue cooking until the veggies are softened and fragrant. Next add the thyme, basil, oregano, bay leaf, and white wine cook until reduced slightly and all of the alcohol has been burned off. Add the diced tomatoes and tomato juice bring to a simmer, and reduce heat to low. Simmer for about 30 minutes to allow the flavors to blend.
2. Now add the fish and shrimp to the stew, simmer for about 10 minutes until the seafood is almost cooked through, be careful not to let the stew boil after adding the seafood. Next add the cleaned clams and or mussels and simmer covered for about 5 minutes or until they open, discard any clams or mussels that do not open. Stir in the parsley and check the seasoning and adjust as needed. Remove the bay leaf, transfer to a large serving bowl and serve with fresh French bread and a salad for a great meal.

Servings: 6

Notes: Any combination of seafood will work, choose what you like that is fresh and in season.

CARD 2 OF 2