

Cioppino Stew

Featuring Clams, Mussels

Cioppino is a classic fish stew originating from Italian fishermen in San Francisco, who would take the leftover catches of the day and mix them with wine, spices, herbs, and tomatoes for a hearty, comforting, warming meal. This version is based on clams, mussels, and salmon. Serve it with a crusty bread and salad to make it into a meal.

Ingredients:

1 tablespoon olive oil
2 garlic cloves, peeled, minced
1 onion, peeled, diced
1 medium fennel bulb, trimmed, chopped
1/2 cup dry white wine (may substitute with additional broth)
1 tablespoon dried oregano
1 tablespoon dried basil
3 cups clam juice or low-sodium chicken broth
1 (28-ounce) can diced tomatoes in juice
1 pound clams in shells, fresh or frozen and thawed
1 pound mussels in shells, fresh or frozen and thawed
8 ounces salmon, fresh or frozen and thawed, cut into 2-inch cubes
Salt and pepper to taste

Toppings (Optional):

Italian flat leaf parsley, chopped
Parmesan cheese, shredded
Red chili flakes

Instructions:

- 1 Heat the oil in a large pot over medium heat. Add garlic and cook for 1 minute while stirring gently.
- 2 Add the onion and fennel and cook for 4 minutes while stirring gently.
- 3 Add the wine (or broth), oregano, basil, clam juice or chicken broth, and canned tomatoes to the pot. Stir well. Bring to a boil, reduce heat, cover, and cook for 5 minutes.
- 4 Remove the lid. Add the clams and mussels to the pot. Bring to a boil. Cook for 8 minutes, until clams and mussels open. Stir gently.
- 5 Reduce heat to medium. Add the salmon and cook for 5 minutes. Stir gently. The salmon will become slightly opaque.
- 6 Discard any clams or mussels that did not open. Season with salt and pepper and serve. May top with parsley, parmesan cheese, or red chili flakes, if desired.

Makes 6 servings,
about 1 3/4 cups each

Prep Time: 15 min.
Cooking Time: 19 min.
Total Time: 34 min.

Recipe Author

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Notes:

- 1 Pair the stew with fresh sourdough or French bread, if desired.

Nutritional information (per serving):

221 calories, 8 g fat, 2 g saturated fat, 293 mg sodium, 13 g carbohydrate, 44 mg cholesterol, 5 g total sugar, 3 g fiber, 22 g protein