



Cioppino - Italian Seafood Soup

Zuppa di Pesce, named Cioppino by Italians that immigrated to San Francisco, is now an Italian-American classic. Clam broth makes a wonderful fish stock combined with fennel, or finocchio, a favorite ingredient in Italy. Serve over linguine or with toasted focaccia. Mangia! Serves 6-8

- 1 large bulb fresh fennel, cleaned
- 6 large garlic cloves
- 1 Vidalia onion
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp hot red pepper flakes, to taste
- ½ tsp black pepper
- ¼ cup extra virgin olive oil
- 2 Tbsp tomato paste
- 1 ½ cups dry red wine
- 28 oz can tomato puree
- 2 envelopes St. Ours Clam Broth
- 2 bay leaves
- 1 tsp salt, to taste
- 1 lb mussels cleaned
- 1 lb cod/white fish, cut 2" squares
- 1 lb large shrimp peeled, deveined
- ½ lb fresh lobster meat shelled
- ½ lb fresh sea scallops
- fresh basil leaves, shredded
- feathery fennel fronds



In a food processor or blender add the fennel bulb and Vidalia onion cut into pieces and garlic cloves, pulse until chopped, then puree, (by hand cut very fine). In a large pot heat the olive oil on medium until shimmering then add the puree plus oregano, thyme, rosemary, pepper flakes, and black pepper. Cook stirring for 5 minutes. Add the tomato paste, cook for 2 minutes then add the wine, tomato puree, St. Ours Clam Broth dissolved in 2 cups hot water and bay leaves. Bring to a boil stirring occasionally then simmer for 30 minutes. Taste the broth and add salt if needed. Increase heat to medium hi and bring the stew to a slow boil. Add the cleaned mussels, reduce to low, simmer covered 5 minutes. Stir in the rest of the seafood, simmer covered for 5-10 minutes until fully cooked, throw out any unopened mussels. Serve as a soup or over pasta, garnish with fresh basil and feathery fennel fronds. If you prefer different seafood, make substitutions.

<https://saintours.com/recipes/soups/>