

Flavorful Cioppino

Ingredients

1 lb Littleneck Clams	2 tsp salt
1 lb Mussels	4 large garlic cloves, finely chopped
1 lb Gold Label Shrimp, peeled & deveined	3/4 tsp crushed red pepper flakes
1 lb Sea Scallops	1/4 cup tomato paste
3 tbsp olive oil	1 can (28 oz) diced tomatoes in juice
1 large fennel bulb, thinly sliced	1 1/2 cups dry white wine
1 onion, chopped	5 cups fish stock
3 large shallots, chopped	1 bay leaf

Directions

Heat oil in a large pot over medium heat. Add the fennel, onion, shallots and salt and sauté until the onion is translucent, about 10 minutes. Add the garlic and 3/4 tsp of red pepper flakes and sauté 2 minutes. Stir in tomato paste. Add tomatoes with juices, wine, fish stock and bay leaf. Cover and bring to a simmer. Reduce heat to medium-low. Cover and simmer until the flavors blend, about 30 minutes.

Add clams, mussels and scallops. Cover and cook until clams and mussels begin to open, about 5 minutes. Add shrimp. Simmer gently until shrimp are pink and clams and mussels are completely open, stirring gently, about 5 minutes longer. Discard any clams or mussels that do not open. Season to taste with salt and red pepper flakes. Ladle into bowls and serve with crusty French bread.

Get Fresh

Reading, PA

610-670-2500

adelphiaseafood.com

