



## INGREDIENTS

## CIOPPINO ALLA CALABRESE

By Caterina Romano's kitchen

## DIRECTIONS

### INGREDIENTS

- 3 TBSP of olive oil
- 1 Kilo of fresh cod
- 1 LB. of cubed salmon pieces
- 1 lb. of fresh clams
- 2 lbs. of mussels
- 1 lb. of clean calamari
- 1 lb. of shrimp
- 1 cup of AP flour
- 1 chopped fennel bulb
- 1 large chopped sweet onion
- 2 chopped shallots
- 1 chopped leak
- 4 minced garlic cloves
- 1 TBSP of chili pepper
- ¼ cup of tomato paste
- 1 ½ cups of white wine
- 2 bay leaves
- 1 ¾ jars of passata
- 5 cups of fish stock

1. In a large pot, heat the olive oil over medium heat.
2. Dredge the cod in the flour. Lightly sear the cod in the hot oil. Transfer the seared cod to a plate and set aside.
3. To the pot add the fennel, onion, shallot and leak. Season with kosher salt and cook stirring frequently until soft and translucent about 10 minutes.
4. Add the garlic, chili pepper and tomato paste and cook for a minute.
5. Add the white wine and deglaze the pan. Boil until the wine is reduced by half, 3-4 minutes.
6. Add the bay leaves, passata and fish stock. Bring to a boil, reduce the heat and simmer, covered, for 30 minutes.
7. Return the seared cod to the stew.
8. Add the salmon, clams, mussels and shrimp.
9. Simmer for 10 minutes and serve while hot.

**ENJOY THE CIOPPINO**