



Featuring Today's Recipe Compliments of:

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Ingredients

1 teaspoon fennel seeds
3 tablespoon extra virgin olive oil
1 tablespoon butter
1 large fennel bulb, thinly sliced
1 large onion, diced medium
3 large shallots, diced small
¼ tablespoon ginger, minced
4 large garlic cloves, minced
¼ teaspoon crushed red pepper flakes
¼ cup fresh parsley, chopped
1 teaspoon dried basil
½ teaspoon fresh thyme, chopped
1 red bell pepper, small dice
¼ large carrot, small dice
3 tablespoon tomato paste
1 ½ cups dry red wine, lighter style
1 (28 oz.) can whole peeled tomatoes, crushed by hand, with juices
1 ½ cups fish stock, or shrimp/lobster
½ cup chicken stock
½ cup clam stock or juice
2 anchovy fillets, chopped
2 bay leaves
1 ½ teaspoon Kosher salt
2/3 pound farmed little neck clams, or Manila clams, scrubbed
1 pound farmed mussels, scrubbed, beards removed
½ pound uncooked farmed shrimp, peeled and deveined
1/3 pound cleaned market squid, cut into 1/2 " rings tentacles left whole
1 pound assorted fish fillets
1/3 pound wild-caught scallops, cut in thirds
Freshly ground pepper
1 lemon, cut in half
2 tablespoon fresh basil, chiffonade
Sourdough bread crostinis for serving

Sustainable Seafood Cioppino

Toast fennel seeds in a small pan over medium heat until fragrant, about 2 minutes. Finely grind in a spice mill or mortar and pestle. Set aside. Heat the oil and butter in a large pot over medium heat. Add the onion, fennel, and shallots. Saute until the onion is translucent and the fennel has softened, about 10 minutes.

Add the ginger, garlic, red pepper flakes, half of the chopped parsley, dried basil and fresh thyme. Saute about 2 minutes. Add the carrot and bell pepper. Saute about 1 minute more. Stir in the tomato paste. Add the wine and bring to a simmer. Reduce the wine by about half.

Add the hand-crushed tomatoes with their juices, fish stock, clam stock/juice, chopped anchovy fillets, bay leaves, ground fennel seeds and ½ teaspoon kosher salt. Bring to a simmer. Reduce heat to medium-low. Cover and simmer for about 25 minutes, stirring occasionally.

Remove the bay leaves. Add the clams and mussels to the pot and cover. With a pair of tongs, remove and transfer each cooked mussel/clam to a clean bowl when they are completely open. Clams will take longer than mussels. Discard any clams and mussels that do not open. Cover bowl to prevent cooked shellfish from drying out.

Add the shrimp, cover and transfer to the bowl with mussels and clams when cooked. Shrimp do not take long. Season scallops, squid and fish lightly with the freshly ground black pepper and remaining teaspoon of salt. Add to the pot, cover and cook through. Be careful not to overcook. When done, do not remove seafood from the pot. Take the pot off the heat. Season the stew, to taste, with more salt, black pepper, and red pepper flakes, if desired.

Arrange the shellfish and shrimp in bowls. Ladle broth with fish, scallops and squid around them. Squeeze a small amount of fresh lemon juice over each bowl. Garnish with parsley and basil. Serve with sourdough crostinis that have been drizzled with extra virgin olive oil and seasoned with salt and pepper prior to grilling or baking.

*Cioppino is a seafood stew, so the amounts of each seafood listed are suggestions.

Notes about sustainable seafood: For shrimp, it is preferred that they have been raised in fully re-circulating systems or inland ponds. For the mussels, it is preferred that they are Pacific Loligo Squid or Opalescent Inshore Squid. For the fish, they should be any or a combination of the following: wild-caught salmon from Alaska, Farmed Arctic Char that have been raised in re-circulating systems, wild-caught Pacific halibut, black rockfish (black bass, black rock cod, black snapper, sea bass) or Pacific cod that have NOT been wild-caught or trawl-caught.