



## *La Cucina Cenacoli*

### **Cioppino**

*Cioppino is a tomato-based seafood stew that was invented by the San Francisco Italian fishermen of North Beach in the late 1800s using whatever seafood was left over from the day's catch. Often it was crab, shrimp, clams and fish, which were then combined with onions, garlic and tomatoes—and then everything was cooked with herbs in olive oil and wine. Originally it was made on the boats while out at sea, and also in homes, but as Italian restaurants started sprouting up around the wharf, cioppino became a very popular dish at local restaurants. Here is one example!*

<i>3 lbs bass filet</i>	<i>2 lemons thinly sliced</i>
<i>4 cracked and cleaned crabs</i>	<i>1 cup olive oil</i>
<i>3 lbs shrimp</i>	<i>2 lbs &amp; 3 oz (35g) Italian tomatoes</i>
<i>36 clams</i>	<i>2 6-oz cans Italian tomato paste</i>
<i>2 cups chopped green onions</i>	<i>3 cups red wine</i>
<i>2 cups chopped parsley</i>	<i>2 T each salt, basil, oregano, rosemary</i>
<i>6 cloves garlic minced</i>	

*Sauté onions and parsley in olive oil  
Add tomatoes, paste, red wine, spices and bass  
Cook slowly for 1 hour or longer  
Add crab and cook 20 minutes  
Add shrimp and cook 10 minutes  
Add clams until open (10 minutes)*

*Spoon into a serving bowl lined with tube pasta such as penne.  
Enjoy with San Francisco sourdough bread, of course!*

*Printable version  
available on our website.*