

# CIOPPINO

3 TSP olive oil  
1 1/2 C. onion  
2 TBSP garlic  
salt  
pepper  
1/2 C. tomato paste  
1 C. dry white wine  
2 1/2 lbs. vine ripe tomatoes peeled  
seeded, chopped  
1 jalapeno  
1 red bell pepper  
1 fennel bulb  
2 TBSP Parsley, minced  
1 TBSP thyme  
1 Bay leaf  
3 C. fish stock  
1/4 C. basil chopped  
12 clams  
12 mussels  
1 lb. shrimp  
1/2 lb. squid  
1/2 lb. scallops or white fish

sauté onion in oil x 5 min  
add garlic x 2 min, salt, pepper  
stir in 1/2 C. tomato paste  
add & stir & reduce by 1/2: wine, tomatoes  
add & cook x 5 min: jalapeno, pepper,  
fennel, Parsley, thyme, bay leaf  
add stock & simmer x 30 min  
↳ basil  
add seafood until cooked