



CIOPPINO

MISE EN PLACE

- Please note that we will not be making the fish stock, so if you plan to make your own stock please plan to make it before your class.
- If you plan to make garlic bread, preheat your oven to 400 F and bring your butter to room temperature overnight. Alternatively plan to grill sliced sourdough then rub it with garlic and drizzle with olive oil.

CIOPPINO (serves 4)

Recipe by Kathryn Joel

1/4 cup extra-virgin olive oil

1 medium onion, diced

2-3 cloves garlic, peeled and finely chopped

1 medium carrots, peeled, trimmed, and diced (brunoise)

1 rib celery, diced (brunoise)

1/2 green bell pepper, cored, seeded, and diced (brunoise)

1/2 small fennel bulb, cored and diced, fennel fronds picked and reserved for garnish (brunoise)

1/2 tsp dried oregano

1 to 2 small dried red chilis, crumbled, or use a pinch of chili flakes

1 (28-oz.) can roma tomatoes, we use San Marzano, drained and chopped, juice reserved

1 tbsp tomato paste

1 cups dry white wine

2 bay leaves

1 strip orange zest

340 g (12 oz) halibut filet, cut into 4 portions, or use red snapper

8 sea scallops

8 large shrimp, peeled and deveined

170 g (6 oz) crabmeat, preferably dungeness, picked over, or you can use crab legs

8 to 16 manila clams, cleaned

1 cup clam juice

1 cup fish stock or shrimp stock, or you can use water

Salt and pepper, to taste

Large handful Italian flat leaf parsley, chopped

Handful fresh basil leaves, chopped

Salt and freshly ground black pepper

To serve: grilled sourdough, rubbed with garlic and drizzled with olive oil

To serve: lemon wedges

- In a large pot, heat the olive oil over a medium-high heat.
- Add the onions, and cook for a couple of minutes, until translucent and starting to soften, seasoning with salt.
- Add the garlic, oregano and crumbled chili stirring briefly just until fragrant.
- Add the carrots, celery, green pepper and fennel, seasoning with salt. Cook for a few minutes, until the vegetables are starting to soften.
- Now turn up the heat and add the tomato paste. Cook stirring for 30 seconds only then add the white wine, to deglaze. Cook at a high heat until reduced by half.
- Add the tomatoes and their juice, the clam juice, and the stock (or water). Bring up to a simmer, adding the bay leaves and orange zest.
- Cook at a simmer for 20 to 30 minutes, seasoning to taste.
- Add the clams to the pot and cook just until open, then remove to a bowl with a slotted spoon.
- Stir the crabmeat into the pot.
- Meanwhile heat one or two non-stick pans, and season the remaining seafood with salt.
- Cook the shrimp, scallops and halibut one at a time, in olive oil, then set aside.
- Finish the soup with the basil and parsley then ladle into 4 bowls, arranging the seafood in the bowls also. Garnish with the picked fennel fronds.
- Serve with lemon wedges and grilled sourdough, or with garlic bread.

GARLIC BREAD

Recipe by Kathryn Joel

1 baguette, choose one that is not too crusty

100 g (4 oz, 1 stick) butter, at room temperature

4 cloves garlic, grated

Handful Italian flat leaf parsley, chopped

Salt, to taste

- Preheat your oven to 400 F.
- Make a compound garlic butter, combining the room temperature butter in a bowl with the garlic and parsley, and salt to taste.
- Slice the baguette, without cutting all the way through.
- Spread butter onto each slice, then wrap the baguette with foil leaving the top open.

- Bake in the preheated oven for approximately 15 minutes, until the butter has melted and the baguette is warmed and toasty.

EQUIPMENT

Cutting boards and knives

Measuring cups and spoons

Bowls

Large pot

Non-stick pan for searing fish

Slotted spoon

WINE PAIRING IDEAS

By Kim Theoret

Cioppino of North Beach San Francisco

Cioppino is indeed a fish and shellfish dish, however the tomato in this stew directs the wine choices. These are simply some suggestions, in the end drink what you enjoy most is my motto! With a nod to the history of the creation of the dish by Italian immigrants these wine suggestions are Italian. Kim

- **Cerasuolo d'Abruzzo Rosé** - a dry Italian rosé, serve well chilled
- **Lambrusco Rosé**, look for a dry one, this sparkling rosé should be served chilled
- **Dolcetto d'Alba**, a fairly dry red wine with softer tannins serve slightly chilled
- A simple **Chianti Classico**, serve slightly chilled
- If you prefer a white, Vermentino might be a good fit, serve chilled

California does grow many Italian grape varieties, try one out if you come across one, We always recommend an independent wine shop in your own neighbourhood: chat with the staff if possible, they may have some suggestions as well. Happy Shopping!

STOCK RECIPES – In case you'd like to make your own stock before the class

Fish Stock

1 kg white fish bones, well soaked / rinsed in cold water to remove any blood

2 stalks celery, cut into 2" pieces
2 leeks, cut into 2" pieces
1 carrot, cut into 2" pieces
1 fennel bulb, cut into wedges
handful parsley stems, you can add other herbs / herb stems (basil, fresh thyme, tarragon)
2 bay leaves
1 tsp black peppercorns
300 ml white wine
water to cover

- Place the rinsed bones, vegetables, herbs, bay leaves and peppercorns in a stock pot.
- Add the white wine, and water to cover.
- Bring up to a simmer, skimming.
- Simmer gently for about 20 minutes, then strain through a sieve.
- Fresh stock will keep in your fridge for about 4 days, or freeze.

Shellfish Stock

Seafood Shells (shrimp, crab, lobster) roasted at 400 F for about 10-20 minutes
2 stalks lemongrass, crushed
2 carrots, peeled, washed, cut
1 onion, cleaned, cut
1 bulb fennel, sliced
2 pieces celery, washed, cut
1 leek, coarsely sliced
2 cloves garlic, crushed
300 ml white wine
Handful fresh basil, stalks as well, washed
10 sprigs fresh thyme
handful coriander seeds
handful cherry tomatoes, washed, cut
grapeseed oil

- Heat a large pot adding grapeseed oil.
- Once hot add all the vegetables and aromatics, except the tomatoes and fresh herbs, then sauté until golden brown.
- Add the roasted seafood shells and stir for a couple of minutes.
- Add the fresh tomatoes.
- Stir again for about 1 minute.
- Add the wine and reduce.
- Add the fresh herbs, then cover with water and bring up to a simmer.

- Cook at a gentle simmer for about 40 minutes.
- Strain through a sieve.