



FINCH + FENNEL

## *San Francisco Cioppino*

Here is one more case of seafood cookery being easier than meat cookery. With both Portuguese and especially French parallels, cioppino is a testament to fishermen selling or cooking whatever turned up in their nets that day.

SERVINGS: 6-8

### INGREDIENTS:

- 3 Tbsp Olive Oil
- 1 large Fennel Bulb, thinly sliced
- 1 Onion, chopped
- 4 large Garlic Cloves, finely chopped
- $\frac{3}{4}$  tsp Dried Crushed Red Pepper Flakes, plus more for serving
- 1 jar F+F Tomato Basil Marinara Sauce
- 1 $\frac{1}{2}$  c Dry White Wine
- 5 c Fish Stock or bottled Clam Juice
- 1 lb Manila Clams, scrubbed
- 1 lb Mussels, scrubbed & de-bearded
- 1 lb large Shrimp, peeled and deveined
- 1 $\frac{1}{2}$  lb assorted Firm-Fleshed Fish Fillets, such as halibut or salmon, cut into 2-inch chunks
- Sourdough Bread, for serving



### DIRECTIONS:

1. Heat the oil in a very large pot over medium heat.
2. Add the fennel & onion, & sauté until the onion is translucent, about 10 minutes.
3. Add the garlic & red pepper flakes, & sauté 2 minutes.
4. Stir in the F+F Tomato Basil Marinara Sauce, followed by the wine & fish stock.
5. Bring to a simmer, cover & simmer until the flavors blend, about 30 minutes.
6. Add the clams & mussels to the pot. Cover & cook until the clams & mussels begin to open, about 5 minutes.
7. Add the shrimp & fish, simmering gently until the fish & shrimp are just cooked through & the clams are completely open, about 5 minutes longer. Be careful not to break up the fish when stirring. Discard any clams & mussels that do not open.
8. Season to taste with red pepper flakes. Ladle into bowls & serve with sourdough bread.

*Enjoy!*

