

Guy Fieri

NOR CAL CIOPPINO

Courtesy Guy Fieri

1/4 cup olive oil
4 cups yellow onions diced
1/2 cup garlic, minced
1 1/2 cups Fennel, sliced thin
1 cup red bell pepper, chopped

In a large stock pot over medium heat sauté until lightly browned.

1 1/2 cups red wine
6 cup tomato sauce, San Marzano recommended
1/2 cup tomato paste
1/2 cup clam juice
1/4 cup lemon, juice
4 cups water
2 Bay leaves
2 Tablespoons red chili flakes
1 Tablespoon oregano, dry
1 Tablespoon basil, dry
2 Tablespoon salt
1 Tablespoon pepper, black, freshly cracked
1 oz Sambuca liquor

Add to sautéed vegetables and simmer for one hour.

4 lb Dungeness crab, whole, cooked cleaned, cracked broken into 4 pcs each.
1 cup Italian parsley, coarse chopped

Add to sauce and let simmer for 30 to 45 minutes.

2 lb Clams, cleaned and scrubbed

Add to sauce and let simmer for 5 minutes, then add in

2 lb White fish, firm, tilapia, cod, cut into 2" pieces

Cook 4-5 minutes, to finish add,

2 lb Shrimp, shell on, deveined

Let cook 3-4 minutes until shrimp is pink and cooked, serve immediately with fresh bread.

Yield: 8 servings
Prep time: 20 minutes
Cook time: 2 hours
Inactive cook time: 1 hour 30 minutes
Ease of preparation: Moderate



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