

## Chef from the Hood Recipes



### Chef:

Ken Silveira, Owner

### Restaurant:

What's Cooking at Fiesta & Pacific Markets?

### Recipe:

Ken's North Coast Dungeness Crab!

Cioppino is a seafood stew that originated in Italy but thanks to our fantastic local crab, has become the ubiquitous North Coast meal. When served with hot, crusty artisan sourdough and a local Sauvignon Blanc or Pinot Noir there is nothing better!

### Ingredients:

- ◆ ½ cup of a good, **local olive oil**
- ◆ 3 cloves **garlic** (mince 2 and reserve one whole clove to add later)
- ◆ 2 medium **yellow onions**, peeled and finely chopped
- ◆ 6 **green onions** with tops, finely chopped
- ◆ 1 fresh **fennel bulb** trimmed & diced
- ◆ 2 ribs **celery**, trimmed, finely chopped
- ◆ 1 **green bell pepper**, seeded & chopped
- ◆ 1 tsp fresh **chopped thyme**, or ½ teaspoon dried thyme
- ◆ 1 **bay leaf**, crumbled with your fingers
- ◆ Two **17 ounce cans imported Italian whole tomatoes** OR 2 pounds fresh, finely chopped, peeled and seeded tomatoes
- ◆ 2 cups **dry white wine**
- ◆ 3 cups **fish stock** OR good quality clam juice (in a pinch a light chicken broth can be substituted)
- ◆ 1 teaspoon **fennel seeds**, crushed in a mortar & pestle
- ◆ Good pinch of real, **Spanish saffron**
- ◆ 1/2 cup chopped **flat leaf (Italian) parsley** (plus extra for garnish)
- ◆ 3 cooked **Dungeness crab** (from our crab pot, ask for **crab butter**)
- ◆ 2 dozen **clams, debearded mussels or a combination**, live and in their shells (If unsure, ask Fiesta/Pacific fish department for help)
- ◆ 32 large **raw prawns**, shelled and deveined (a size like 15/16 per lb. is good, if so, 32 prawns = two pounds)
- ◆ 2 pounds fresh **Pacific cod filets** from our fish dept., cut into chunks
- ◆ **sea or Kosher salt & freshly ground black pepper** to taste
- ◆ 1 teaspoon **Imported anchovy paste** (sold in tube at Fiesta/Pacific)
- ◆ Garnish: **lemon wedges**, pinch of chopped **parsley** & hot, crusty **Artisan bread!**

Recipe serves 8

**Preparation:**

Heat oil in large heavy saucepan. Add 2 cloves of minced garlic, yellow onions, green onions, fresh fennel and celery. Cook over low heat until soft, about 5 minutes.

Add green pepper, thyme, bay leaf, canned OR fresh tomatoes, wine, stock, fennel seeds, saffron, and parsley. Bring to boil, turn down to simmer and cook 30 minutes.

(After this step, you can chill the cioppino base and reheat it later, adding seafood just before serving OR continue making the cioppino now. Or if buying the cioppino base, follow these next directions to complete the cioppino.)

If base is cold, reheat to a slow boil and add all the seafood. Cover, bring back to boil, stir, lower heat and simmer 5 minutes, covered, stirring occasionally.

Meanwhile, mash remaining clove of garlic, and mix it in a small bowl with the anchovy paste, crab butter if you have any and a spoonful of the pot cooking liquid from the pot. Stir this fragrant mashed mixture into the cioppino. Simmer another 5 minutes to allow flavors to marry.

Taste, adjust seasoning with salt and pepper. When crab is heated through and clams and mussels are open, cioppino is ready.

Serve immediately with lemon wedges and additional sprinkling of chopped parsley on top.