



Thinking of you
Electrolux



RECIPES by
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APPETIZER

CIOPPINO

This is something I used to eat a lot while living in California. I developed a greater respect for the dish when I started working in a seafood restaurant in San Francisco where we would easily get 50 orders of it per night. We would start working at dawn when the fresh seafood would come in. It would take most of the day to crack the crabs, clean the shrimps, and break down all the fish into chunks and outcuts for the Cioppino. I really enjoyed this dish especially because of the wonderful Dungeness crab, the main star of the stew. I can probably eat 10 kilos of crab, but I know I shouldn't!



INGREDIENTS

20 ml	Oil
30 g	Butter
50 g	Onions, chopped
10 g	Garlic, chopped
30 g	Fennel, chopped
30 g	Celery, chopped
30 g	Carrots, chopped
30 g	Tomato paste
1/2 cup	White wine
200 g	Canned diced tomatoes
2 liters	MOS soup base for seafood hot pot
2 springs	Thyme
1 pc	Bay leaf
200 g	White fish, cubed into 1-inch pieces
100 g	Tuna, cubed into 1-inch pieces
50 g	Clams
50 g	Mussels
150 g	Blue crab (alimasag)
75 g	Prawns
100 g	Squid
10 g	Fresh basil leaves
2 slices	Crusty bread

PROCEDURE

Using your Electrolux cooking range, heat oil with butter in a large, thick-bottomed pan. You can now perfectly sauté the onions, garlic, fennel, celery, and carrots for 3 minutes. Add tomato paste and sauté for a minute to cook out the acid. Deglaze pan with white wine; when reduced add diced tomatoes. Bring mixture to a simmer and add fish stock. Let boil then lower heat and simmer for 15 minutes to maximize the flavor. Add thyme and bay leaf. Add the seafood and cook until done. Season to taste. Remove from heat and add basil leaves. Serve with crusty bread on the side.