

## San Francisco Style Cioppino (Gluten Free\*)



A seafood feast in a tomato broth.

|                  |                                |
|------------------|--------------------------------|
| Yield            | 14 lbs 2 oz (20/11oz servings) |
| Serves           | 20                             |
| Preparation time | 45 minutes                     |
| Cooking time     | 70 minutes                     |

### Recipe details

| Qty  | Unit | Alt Qty | Alt Unit | Ingredient   | Preparation                            |
|------|------|---------|----------|--|--|
| 1.5  | oz   | 3       | tbsp     | Olive oil  |  |
| 13.5 | oz   | 3       | cups     | Onions   | chopped                                |
| 6    | oz   | 1/2     | cup      | Garlic   | minced                                 |
| 4.5  | oz   | 1/2     | cup      | Tomato paste, cnd  |  |
| 16   | oz   | 2       | cups     | White wine, dry  |  |
| 48   | oz   | 6       | cups     | Water, boiling   |  |
| 1.5  | oz   | 2       | tbsp     | <u>Minor's® Clam Base (No Added MSG) Gluten Free 6x1 lb.</u> |  |
| 48   | oz   | 2       | lbs      | Tomatoes   | peeled, seeded, chopped                |
| 4    | tbsp | 12      | tsp      | Parsley, fresh   | chopped                                |
| 2    | tbsp | 6       | tsp      | Thyme, fresh   | chopped                                |
| 1    | ea   |         |          | Bay leaf   |  |
| 36   | oz   | 24      | each     | Clams  | washed in shell                        |
| 24   | oz   | 1-1/2   | lb       | Crab, whole  | legs, cracked, chopped in large pieces |
| 36   | oz   | 24      | each     | Mussels, raw   | washed in shell                        |
| 32   | oz   | 2       | lbs      | Shrimp, peeled, raw  | deveined, tail-on, 21/25 ct            |
| 16   | oz   | 1       | lb       | Squid  | cut into rings                         |
| 16   | oz   | 1       | lb       | Scallops, raw  | Sea scallops, trimmed                  |

### Preparation Steps

1. In an extra large pot, heat oil over medium high heat. Add onions and garlic; sauté until tender, about 3 to 4 minutes. Stir in tomato paste. Cook for 1-2 minutes. To deglaze pot, add wine. Stir to combine. Simmer wine until reduced by half.
2. Add water and Clam Base; stir until dissolved. Add tomatoes, parsley, thyme, and bay leaf. Stir to mix, bring to a boil. Lower heat to a simmer for 30 minutes.
3. Add clams and cook uncovered over high heat for 5 minutes or until clams open. Add crab and cook for 1 minute. Add mussels, shrimp, squid and scallops. Cook, stirring frequently, until mussels open and scallops are firm, about 3 minutes. Serve hot.

### Chef's tip

\*When using Gluten Free ingredients, recipes, and proper back of house procedures.

### Nutrition

| Nutritional analysis per serving |        |
|----------------------------------|--------|
| Energy (Kcal)                    | 272.3  |
| Energy (KJ)                      | 1140.4 |
| Protein (g)                      | 37.1   |
| Carbohydrate, total (g)          | 13.2   |
| Fats, total (g)                  | 5.6    |
| Sugars, total (g)                | 3.2    |

|                          |       |
|--------------------------|-------|
| Fats, saturated (g)      | 0.9   |
| Fiber, total dietary (g) | 1.4   |
| Sodium (mg)              | 757.3 |
| Calcium (mg)             | 113.6 |
| Cholesterol (mg)         | 180   |
| Iron (mg)                | 11.9  |
| Vitamin A (µg_RAE)       | 159   |
| Vitamin C (mg)           | 29.5  |

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*