

Zuppa di Pesce

Ingredient

- 1/4 cup extra virgin olive oil
- 2 medium shallots, diced
- 1 medium fennel bulb, sliced
- 5 cloves garlic, sliced
- 1/2 teaspoon crushed hot red pepper flakes (optional, to taste)
- 1 cup dry white wine (such as Sauvignon Blanc, Pinot Grigio, or Chardonnay)
- 2 28-ounce cans plum tomatoes, blender pulsed or hand crushed
- 10 ounces clam juice
- 3/4 pound calamari, cleaned, tubes cut into 1/2" rings, and large tentacles cut in half
- 3/4 pound cod or other meaty white fish (like monkfish, striped bass, red snapper, etc.)
- 12 littleneck clams, scrubbed
- 1 pound mussels, scrubbed and beards removed
- 3/4 pound large shrimp (approximately U26 size)
- Salt and pepper to taste
- 1/4 cup minced flat-leaf Italian parsley

Instruction

1. Heat a large Dutch oven or heavy pot over medium-low heat and sauté the shallot and fennel in extra virgin olive oil. After they soften (about 5 minutes), add the garlic and cook for 2 minutes more until fragrant.
2. Add the crushed red pepper flakes and cook for 30 seconds. Then, pour in the wine and turn the heat to medium-high. Scrape the bottom of the pot with a wooden spoon to dislodge any brown bits. Cook the wine for 90 seconds, then reduce the heat to medium and add the tomatoes and clam juice. Let the sauce simmer moderately for 10 minutes before adding any seafood.
3. Add the calamari and cook for 15 minutes to soften. Next, add the fish and cook for 5 more minutes, then add the clams and cover with a lid. Cook for 5-7 minutes longer, or until the clams just start to open.
4. Add the mussels and shrimp, then cover with the lid. Cook until the shrimp are pink and cooked through, and the mussels open (about 5-7 minutes). Discard any clams or mussels that do not open.
5. Taste and adjust salt and pepper as needed. Once satisfied, turn off the heat and add the parsley. Serve in bowls with toasted Italian bread rubbed with a garlic clove. Drizzle each plate with your best extra virgin olive oil. Enjoy!