

# Cioppino



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## **Cioppino Stew Recipe.**

**Serves 6 / 8.**

4 ea. seabass such as branzino (loup de mer), scaled, gutted, gills and eyes removed – 8 ea. fillet, boned and skin on. Save bones and heads  
1 lb. (450g) (16/20) shrimp, shelled but tail left on and deveined, save shells  
1.5 lb. (700g) mussels, debeard, scrubbed in cold water, drain  
1 lb. (450g) clams. Soak clams in cold water with some corn meal for an hour to encourage the clams to spit out more sand, scrub  
Cooked crabs or crab legs can be added to the cioppino at the end.

## **Hearty Fish Fumet (Fish Stock)**

Broken fish bones, tails and cut in half heads (eyes removed) from seabass such as branzino (loup de mer)

Shrimp shells

2 Tbsp (30g) olive oil

1 ea. white onion, peeled and chopped

1 ea. large fennel, chopped

4 ea. garlic cloves, unpeeled and crushed

4 ea. plump tomato vine, cut into pieces

1 tsp black peppercorns

3 ea. parsley stems + 1 bay leaf

1 ea. lemon zest

2 qt. (2L) chicken\* stock or water.

\* Chicken stock deepens flavor of the fumet.

## **Method**

Soak fish bones and heads in cold water; let water running in thin string until water turns clear. Drain and set aside. Heat up a large pot, add olive oil and sweat onions, fennel, garlic, lemon zest and peppercorns for 10 min on medium-low heat, covered. Add fish bones, heads and shrimp shells – stir well and cook for 5 min; covered. Add tomatoes and cook for 5 min on medium heat; covered. Add the hot chicken stock or water, parsley stems and bay leaf – bring to boil and let simmer for 20 min; uncovered – skimming off impurities as it goes. Turn off heat, cover the fish fumet et let infuse 20 min more. Drain and reduce fish fumet by a third.



## Chicken Stock Recipe (Fond Blanc de Volaille)

### Yields 2qt (2L)

1.5 lb. (675g) chicken such as back bones / legs / wings / necks / feet...  
1 carrot, unpeeled, washed and chopped  
1 celery rib, washed and halved  
1 white onion, unpeeled and quartered  
1 clove  
2 garlic cloves, crushed  
1 leek, white part / washed and halved  
3 parsley stems  
4 sprigs fresh thyme  
1 bay leaf  
1 tsp black peppercorns  
2 cups (500ml) Sauvignon blanc or Chardonnay  
2 qt (2L) cold water  
Do not add salt.

### Method

Place chicken parts under cold running water until they are cleared of remaining blood and impurities. Place chicken and all ingredients in a large pot. Bring to boil and let simmer slowly for 2 to 4 hours; covered. Do not stir the stock or it will get cloudy. Eventually skim off surface to remove remaining impurities. Carefully pass the chicken stock, discard solids and let cool over ice water. Refrigerate for up to 4 days or freeze for several weeks. Skim off the fat left on the surface of the chilled stock before using. Chicken stock can be used for many dishes, soups and sauces. It can also be reduced to concentrate its flavors.



## Cioppino

2 Tbsp (30g) olive oil  
1 ea. onion, thinly chopped  
2 funnel bulb, rinsed, pat dry and thinly chopped  
6 ea. garlic cloves, thinly chopped (germs removed)  
1 tsp salt  
2 Tbsp (30g) tomato paste  
3 Tbsp (45g) Pernold (optional)  
1 cup (250g) red wine such as Cabernet  
2 lb. (900g) roma tomatoes, rinsed and diced  
3 fresh thyme sprigs & oregano  
1/2 tsp dried oregano & thyme  
1.5 qt (1.5L) fish fumet / stock\*  
Season to taste with grey salt, black pepper and red pepper flakes.

Country bread slices: brush bread slices with olive oil and toast.

\*Fish fumet can be substituted for 2 cups (500g) clam juice and 4 cups (1L) water.

### Method

In a hot pot or dutch oven, add olive oil, onions, fennel and garlic. Season with salt. Cook for 8 min on high heat stirring every so often. Add tomato paste and cook well. Deglaze with Pernold (optional). Deglaze with red wine and reduce to dry. Add diced tomatoes and cook for 5 min. Add fresh and dried thyme and oregano. Add fish fumet, bring to a boil and season to taste with grey salt, black pepper, red pepper flakes. Let simmer for about an hour; uncovered. Immerse seafood and fish in stew, bring to boil and cook for 7 min on low heat; covered. Cook 9 min if using clams...Serve immediately – garnish with fresh oregano if desired. Enjoy!

