

Cioppino - Italian Seafood Stew



Ingredients:

¼	c	Olive Oil
2		Leeks, cleaned and sliced, white part only
2	clv	Garlic, finely minced
½		Onion, chopped
½	c	Celery, chopped
½	c	Roasted Red Bell Pepper, diced
3	c	Fish stock, clam juice, or water
360	ml	<i>Nana</i> Pasta Sauce (<i>Traditional</i> or <i>Champignon</i>) or more, depending on how tomato-rich you like it
1		Bay Leaf
½	c	Red Wine
1	T	Red Wine Vinegar
		Chili Flakes to taste
		Salt to taste

SEAFOOD -----

200	gm	White Fish, boneless fillet, cut into small pieces (cod, sea bass, grouper, etc.)
150	gm	Shrimp (butterfly in shell) and/or Scallops
8		Clams (soak in fresh water 1-hour then drain)
8		Mussels (scrubbed, beards removed)
1		Crab (in shell, sectioned)
		Chopped parsley for garnish

Preparation:

Sauté the leeks, onions, celery, and garlic until the onions are clear. Add the fish stock (or clam juice or water), *Nana* Pasta Sauce (*Traditional* or *Champignon*), bay leaf, wine, and wine vinegar. Bring to a boil and taste. Add the chili flakes and salt to taste. It should be somewhat piquant.

Clean and prepare the seafood; add to the pot, remembering to add first those things which take longest to cook. The various shellfish go in with the shells on. Simmer until seafood is cooked, being careful not to overcook. Remove any of the mussels and clams that don't open.

Serve in large bowls with plenty of garlic bread to soak up the juices. You can also serve this over long pasta, such as angel hair, linguini, or spaghetti.

Yield: 4 large servings.

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For best results always use *Nana* Pasta Sauce.