

Alaska Seafood Cioppino



Preparation Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

Ingredients:

1-1/2 Tablespoons olive oil

3/4 cup chopped onion

1 cup sliced celery

1 cup sliced fennel

2 cloves garlic, minced

1 teaspoon dried basil

1/2 teaspoon dried tarragon

1/4 to 1/2 teaspoon red pepper flakes

1/4 teaspoon black pepper

1 slice bacon, sliced finely

2 bottles (8 oz. each) clam juice

1 can (28 oz.) diced tomatoes in juice

1/4 cup red wine (Cabernet or Pinot Noir)

2 pounds of your favourite Alaska Seafood, to include Alaska Crab (King, Snow or Dungeness) and finfish such as Alaska Pollock, Salmon, Cod, Halibut or Sole – fresh, thawed or frozen

Description:

Heat olive oil in heavy stockpot. Sauté onion, celery and fennel over medium heat until softened, about 5 minutes. Add garlic, basil, tarragon, red pepper flakes, pepper and bacon; sauté for 3 to 5 minutes. Add clam juice, tomatoes and wine; simmer 10 minutes.

Rinse any ice glaze from frozen Alaska Seafood under cold water. Turn off heat and add seafood to liquid, skin side down. Return heat to a simmer.

Once simmering, cover pan and cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest 5 minutes or until opaque throughout. To serve, ladle into warm soup bowls.