

PUTTANESCA CIOPPINO



Makes 4-6 hearty servings

Ingredients

- 1/4 C olive oil
- 2 large bulbs fennel, ends removed then thinly sliced
- 1 medium yellow onion, thinly sliced
- 1 head of garlic (8-10 cloves), finely chopped
- 1/2 C sliced kalamata olives
- 2 TBS capers
- 1 TBS caper brine
- 2 TBS tomato paste
- 2 28oz cans whole peeled tomatoes, poured into a large bowl and crushed with your hands (wash your hands first and trust me this makes a delicious difference in the stew!)
- 1 lb baby potatoes, quartered
- 1 tsp red pepper flakes (optional)
- 1 lb littleneck clams, shells washed and scrubbed
- 1 lb mussels, shells washed and scrubbed
- 1 lb cod or other white flakey fish, roughly chopped into large bite size pieces
- 1/2 C fresh flat leaf parsley, chopped

Directions

1. In a large heavy bottomed ceramic soup pot (not a metal one please!), heat the olive oil over medium, then add the fennel, onion and garlic. Season with salt and pepper and cook, stirring occasionally with a wooden spoon, until fragrant, 5-8 minutes.
2. Next add in the olives, capers and their brine and stir well. Add in the tomato paste and stir well to coat everything in the paste. Once the tomato paste has been stirred in, carefully pour in the hand crushed tomatoes and potatoes. Stir well to combine everything, season with more salt and pepper and the optional red pepper flakes for spice, and then bring to a low simmer. Cover and cook for 25-30 minutes, stirring occasionally, until the potatoes have become fork tender.
3. Add in the clams, pushing them down into the liquid with a wooden spoon, then add in the fish, pressing them down into the liquid. Cover and cook for 5-6 minutes, then add the mussels and cover again, letting everything simmer for about 8-10 minutes, or until the clams and mussels have cooked through. By that time the cod should be cooked through as well.
4. Season with more salt and pepper to taste, then stir in 1/4 of the parsley, using the rest to garnish the plates when served.

Leftovers should be consumed within 1 day. Serve with crusty bread and enjoy!