

FIDDLEHEAD CELLARS

FROM THE KITCHEN OF AMY JOSEPH (Kathy's Sister!)

Great with Fiddlehead Cellars Goosebury Sauvignon Blanc

CIOPPINO (Shellfish/Fish Stew)

6 Servings

INGREDIENTS

- ¼ cup olive oil
- 1 leek (white part only) cut in half lengthwise, thinly sliced
- 1 large onion, diced
- 1 bulb fennel (white part only) cut in half lengthwise, thinly sliced
- 6 large cloves of garlic (or to taste), minced
- 6 celery ribs, thinly sliced
- 2 bay leaves
- 4 large sprigs thyme
- 1 bottle Fiddlehead Cellars Sauvignon Blanc
- 3 cups chicken stock
- Salt & pepper
- 1 lb. calamari, cut tubes into rings
- 12-18 sea scallops
- 18 clams
- 24 mussels
- 12 large raw shrimp, peeled and deveined
- 2 lbs. any firm white fish (sea bass, snapper, halibut, etc.) cut into large chunks

PREPARATION

1. Heat olive oil in a large, heavy-duty saucepan. Add leek, onion, fennel, garlic, celery, bay leaves and thyme.
2. Sauté over medium heat until onion is transparent (do not let the vegetables brown).
3. Add wine and chicken stock. Simmer for 10 minutes. Salt & pepper to taste.
Stock may be prepared ahead of time.
If prepared ahead, bring stock to a boil before adding seafood.
4. Add calamari and simmer 5 minutes. Then add clams and simmer another 5 minutes.
5. Add remaining seafood and simmer additional 5-7 minutes, or until shells open.
6. Ladle stew into serving bowls and serve with crusty bread and green salad.

CHEF'S NOTES

You can have a great party by doubling or tripling the amount of broth you make. You contribute 1 or 2 of the shellfish or fish, enough for everyone to have a nice taste, and have your guests each bring their favorite fish or seafood to contribute to the pot!

Bon Appétit!

Kathy Joseph
Winemaker

