



# Healthy HARVEST

## Cioppino (Italian seafood stew)

Serves about 4

### What you'll need:

- Olive oil
- 4-6 cloves garlic, minced well
- 1 bay leaf, fresh or dried
- 2 celery ribs, chopped
- 1 fennel bulb, thinly sliced
- 1 medium onion, chopped
- 1 cup dry white wine
- 2 cups chicken stock
- 1 28oz can diced tomatoes, not drained
- 4 sprigs fresh thyme, leaves removed (about 1 tablespoon)
- 1 handful flat-leaf parsley, chopped
- 1 1/2 pounds cod or other firm whitefish, cut into 2-inch chunks
- Salt and pepper
- 8 large shrimp, (I like the frozen, raw, deveined shrimp- remember, the lower the number of shrimp per pound = larger shrimp!)
- 16 to 20 mussels
- 1 lb or so haddock, cut into chunks
- Cavenders Greek seasoning (or salt/pepper/Italian seasonings) to taste
- 1 tablespoon red wine vinegar, more/less to taste
- and lemon juice to taste
- parmesan cheese, for serving

1. In a large pot over moderate heat combine oil, celery and onion and a pinch each of salt and pepper.
2. Saute vegetables for a few minutes to begin then add the garlic and bay leaf.
3. Cook until slightly browned then add the wine to the pot.
4. Reduce wine a minute, then add chicken stock, tomatoes, thyme, and parsley.
5. Bring sauce to a bubble and reduce heat to medium low.
6. Season fish chunks with salt and pepper. Add fish and simmer 5 minutes, giving the pot a shake now and then. Do not stir your soup with a spoon after the addition of fish or it will break into pieces!
7. Add shrimp and mussels and cover pot. Cook 10 minutes, giving the pot a good shake now and again, to move things around a bit.
8. Remove the lid and discard any mussels that do not open.
9. Taste the broth and add seasonings/lemon juice to taste. Serve with parmesan cheese and enjoy!