



STRIPED BASS CIOPINNO

AN AUTHENTIC SOUP THAT TASTES LIKE THE SEA

- 6 garlic cloves, chopped
- extra-virgin olive oil – enough to coat the bottom of the pan
- 1 large yellow onion, finely chopped
- 1 head fennel, green top removed and then white part chopped
- 1/2 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1 cup dry white wine
- 1 15-ounce can crushed tomatoes
- 2 bay leaves
- 1 8-ounce bottle clam juice
- 1 1/2 cups seafood stock
- 3 tablespoons chopped flat-leaf parsley
- 1 baguette, sliced
- your choice of seafood - try one pound of a white flakey fish such as striped bass and one to three shellfish

- 1** In a large stockpot, heat the olive oil over medium heat, then add the onion, fennel and garlic. Cook stirring occasionally for about 5 minutes over medium heat, then add about 1 tsp salt and pepper, and 1 TBS red pepper flakes (optional).
- 2** Stir in tomato paste and oregano, then add the white wine. Raise the heat to medium-high, and cook for 5-7 minutes, or until cooking liquid is reduced by half.
- 3** Add tomatoes, bay leaves, clam juice, and stock. Bring to a boil, reduce to a simmer, then place the fish filets on top (do not mix the fillets into the soup), then cover to simmer for 10 – 20 minutes, allowing the fish to cook in the broth.
- 4** Gently break apart fish into smaller pieces and remove the bay leaves, then ladle the fish into a bowl, pouring the broth over the fish, then top with parsley.
- 5** Serve immediately with bread for dipping.