

Cioppino – Italian Seafood Stew

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/my-cioppino-italian-seafood-stew-recipe>

Ingredients:

- 1/4 cup extra-virgin olive oil
- 3/4 teaspoon fennel seeds whole
- 3/4 teaspoon crushed red pepper flakes
- 4 cloves garlic in their peels, lightly smashed
- 1 white onion small, peeled and diced
- 2 shallots peeled and diced
- 2 teaspoons kosher salt
- 1 1/2 cups Chianti DaVinci
- 1/4 cup tomato paste
- 29 ounces petite diced tomatoes in juices
- 4 cups fish stock homemade or purchased
- 2 stems fresh parsley plus extra for serving
- 2 stems fresh basil plus extra for serving
- 1 bay leaf
- 1 pound littleneck clams scrubbed
- 1 pound mussels scrubbed and debeared
- 1 pound large shrimp 32 count per pound, peeled and deveined
- 1 1/2 pounds salmon filets fresh boneless, skinless, cut into 2-inch chunks

Nutrition:

1. Calories: 1000 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 335 milligrams
4. Fat: 44 grams
5. Fiber: 4 grams
6. Protein: 95 grams
7. SaturatedFat: 7 grams
8. Sodium: 2780 milligrams
9. Sugar: 10 grams

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