

Cioppino, A Hearty Seafood Stew

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-king-crab-soup-recipe>

Ingredients:

- 1/4 cup olive oil
- 1/4 cup shallots approximately 3 shallots
- 1/4 cup fennel chopped
- 2 tablespoons minced garlic approximately 4 garlic cloves
- 1 bay leaf
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon dried oregano crumbled
- 1/2 teaspoon dried thyme crumbled
- 2 tablespoons tomato paste
- 1 teaspoon salt or to taste
- ground black pepper to taste
- 1 1/2 cups dry white wine
- 1 cup chicken broth
- 2 bottles clam juice
- 28 ounces plum tomatoes can pureed
- 1 teaspoon Old Bay Seasoning or to taste
- red wine Splash of
- 1 pound king crab legs thawed and cut into pieces, shell intact
- 1 pound clams, well scrubbed littleneck
- 1 pound uncooked large shrimp 21-25 per pound, cleaned and deveined, tail segment intact
- 1 pound sea scallops
- 1 1/2 pounds fish assorted firm-fleshed, such as halibut, cod, red snapper, or salmon cut in 2-inch pieces
- chopped parsley or basil if desired for garnishing, optional

Nutrition:

1. Calories: 880 calories

2. Carbohydrate: 65 grams
3. Cholesterol: 250 milligrams
4. Fat: 30 grams
5. Fiber: 2 grams
6. Protein: 79 grams
7. SaturatedFat: 5 grams
8. Sodium: 2230 milligrams
9. Sugar: 16 grams

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