

Cioppino

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/steam-fish-recipe-india>

Ingredients:

- 1/2 cup olive oil
- 3 cups yellow onion chopped
- 1 cup chopped celery
- 3 tablespoons minced garlic
- 2 bay leaves small
- 2 fresh thyme sprigs
- 2 teaspoons fennel seeds ground
- 1 1/2 teaspoons red pepper flakes
- 5 cups fish stock
- 3 cups plum chopped canned, tomatoes, with their juices
- 1 1/2 cups dry red wine
- 1/2 cup tomato puree thick
- ground black pepper
- salt
- 18 clams, well scrubbed
- 1 crab or lobster, cooked, cracked and sectioned into 2 to 3-inch pieces
- 18 mussels, well scrubbed and debearded
- 18 shrimp peeled and deveined
- 18 sea scallops tough muscles removed
- 1/4 cup fresh flat leaf parsley chopped, or basil

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 45 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 990 milligrams
 9. Sugar: 14 grams
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