

Chef from the Hood Recipes



Chef:
Ken Silveira

Restaurant:
Fiesta Market

Recipe: Lost Coast Crab Cioppino!

Ingredients:

4 local Dungeness crab
pre-cooked in Fiesta's crab pot,
cleaned & cracked (save the crab
butter, the mustard colored soft
center)
1/3 cup olive oil
1 medium yellow onion, finely
chopped
1 medium green bell pepper,
coarsely chopped
4 large cloves garlic, minced
2 pounds of fresh tomatoes, peeled,
seeded & chopped (or two 28 oz.
cans)
3 ounces of canned tomato paste
1 17 ounce can Italian tomatoes
2 cups dry white wine
2 bottles of clam juice
1/2 teas. EACH dried oregano &
basil (or FRESH - 1 teas. each,
chopped)
1 teaspoon crushed fennel seeds
1 good pinch of saffron
a few grinds of black pepper (to your
taste)
1 cup of chopped Italian parsley

.. Cioppino is the original Superbowl... and it's easy
.. to make. Vary the cioppino by adding fresh clams,
.. prawns, scallops and/or chunks of firm white fish to
.. the simmering pot 5 to 7 minutes before serving
.. (fresh seafood cooks quickly). Be sure to pass
.. around a large loaf of Fiesta or Pacific sourdough
.. to sop up the goodness. Big napkins are a must -
.. large dishcloths work even better. Some like lemon
.. wedges alongside. Ken's recipe makes 4-6 big
.. servings. Ken says, "Want an even easier cioppino
.. recipe? Go to Fiesta or Pacific and pick up a quart
.. or two of our cioppino base! We put everything
.. together for you... just add cracked crab and any
.. other fish you'd like, then heat and eat!"

.. Heat oil in a large pot or dutch oven. Add onion and
.. bell pepper, sauté until soft (about 5 minutes). Add
.. garlic and sauté another minutes. Add all tomatoes
.. & tomato paste, wine, clam juice, herbs & pepper.
.. Simmer over low heat, partially covered for thirty
.. minutes. Add crab butter, simmer another 5
.. minutes. If adding other shellfish or chunks of fish
.. do this step next and simmer until cooked (5 to 7
.. minutes). Break crab into large chunks, add to pot
.. and heat through, (5 minutes). Serve in big, wide
.. bowls & sprinkle with chopped parsley. Enjoy!