

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, it's the mustard colored soft center)
2 bottles of clam juice
2 cups dry white wine
1/3 cup olive oil
4 large cloves garlic, minced
1 med. yellow onion, finely chopped
1 med. green bell pepper, coarsely chopped
2 lbs. fresh tomatoes, peeled, seeded & chopped (or two 28 oz. cans)
3 oz. of canned tomato paste
1 17oz. can Italian tomatoes
1/2 teas. dried oregano
1/2 teas. dried or fresh basil
1 teas. crushed fennel seeds
1 good pinch of saffron
A few grinds of pepper (to your taste)
1 cup fresh Italian parsley, chopped

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. 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 are even better. Some like lemon wedges alongside. Ken's recipe makes 4-6 big servings. Salute!
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. Heat oil in a large 8 quart kettle. Add onion, garlic and bell pepper, saute until soft (about 5 minutes). Add all tomatoes & tomato paste, wine, clam juice, herbs & pepper. Simmer, partially covered for 30 minutes. Add crab butter, simmer another 5 minutes. Add crab & heat through, approximately 5 minutes. Serve in big, wide bowls & sprinkle with parsley.
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. "Ken's Cioppino starts with the world's best crab! Our own Dungeness crab arrives live, twice daily from Bodega Bay Fisherman. We quickly cook these big beauties here in small batches, outside each store in the few authentic fire-powered crab pots you'll see north of the Golden Gate. Sweet and succulent, never bland or waterlogged – there's absolutely nothing like our crab! Don't let this crab season pass you by!"
. Angelo Patania, Seafood Expert