

CIOPINNO – Seafood Soup

By Chef Charles Tilley

4-6 oz. Atlantic Salmon
8 oz. NL Blue Mussels
8 oz. Codfish (diced)
8 oz. Shrimp and/or scallops
Clams and/or crab
or any combination of the above

1/4 cup olive oil
1/2 cup chopped onion
1/2 cup chopped bell or sweet pepper
2 cloves minced garlic
1 cup crushed tomatoes (peeled can tomatoes crushed by hand)
2 cups fish/vegetable stock
1/4 cup white wine
1/4 cup oregano (1 tsp. dried)
1/2 tsp. cayenne/ paprika/ chili powder (optional)
Salt and pepper to taste
Parsley for garnish



In a medium sauce pot, sauté onions and bell pepper in olive oil, on medium heat until soft. Add the garlic, and sauté for one more minute. Add crushed tomatoes, broth/stock and any additional seasonings to taste. Bring to a simmer and cook uncovered, for 5-10 minutes. (This step can be done in advance and chilled for later use.)

Add the fish and simmer slowly, covered, for approx. 3 to 5 minutes. Try not to boil or stir too vigorously, or the fish will break apart. Rinse and add: mussels still in the shell, and any crabmeat, shrimp or other shellfish you are including. Heat, until shrimp are cooked (shells are bright pink) and mussel shells are open. (approx. 2-3 minutes). Do not overcook.

Serve in large bowls with mussels still in the shell, topped with minced parsley. Serve with crusty French or Italian bread and a robust red wine. Enjoy!