

Fish and Shellfish

Cioppino

Ingredients:

3/4 cup salted butter
2 sweet onions, chopped
1 green pepper diced
1 bunch scallions diced
5 cloves garlic, minced
1 bunch fresh parsley, chopped
2 cans diced tomato
2 jars seafood broth
2 bay leaves
1 Tbsp. dried basil
1/2 tsp. dried oregano
1 cup water 8 ounces white wine
20 large shrimp, peeled and deveined
1 1/2 pounds sea quartered scallops
18 little neck clams 18 cultured mussels
1 1/2 cups crabmeat disjointed
1 1/2 pounds swordfish diced

Instructions:

Over medium-low heat, melt butter in a large pot, then add onions, pepper, scallions garlic and parsley when transparent add white wine and reduce for 5 minutes add dry spices broth, diced tomato, water and seafood, cook slowly for 35-45 minutes stirring occasionally. Let sit for 5 minutes and serve. Great with G/F garlic bread. Enjoy! Prep Time: 15 minutes, Cook Time: 45 minutes, Serves 8 to 10

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