

SEVENTH IN THE SERIES

If you are home and want to make something quick, simple yet elegant try this recipe.



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Cioppino

My take on Cacciucco from Livorno, Tuscany. Fish and tomato have as good a harmony as fish and citrus (acid being the common denominator).

Serves 4

3 cups (480ml)	puttanesca sauce
1 cup (240ml)	white wine
16 ounces (454g)	fillet of firm oily fish (salmon, arctic char, mackerel) cut into 1/2" thick pieces - <i>optional</i>
20	large shrimp, shelled and deveined
10-15	large fresh clams, in shell*
20-30	fresh mussels, in shell*
3/4 cup (170g)	bay scallops
15-20	baby squid, cleaned and sliced into rings leaving tentacles intact
	a few basil leaves for garnish

** This amount allows you to discard the ones that don't open. And if they all do open, all the better for you!*

SEAFOOD - COOK TIME: ABOUT 6 MINUTES

Mix wine and puttanesca on medium heat until hot, not boiling.

Reduce heat to medium low and add, shrimp, clams, mussels and fish.

Simmer for 2 to 3 minutes stirring continuously. Add the scallops and squid rings and tentacles.

Raise the heat to medium and continue stirring about 2 to 3 more minutes or until the squid tentacles become firm.

Discard all the clams and mussels which have not opened.

Serve in a large bowl with pasta or bread and garnish with basil.