

DUNGENESS CRAB CIOPPINO

WITH SAFFRON RICE



Cioppino, simply fish stew, is a special dish transported from Mediterranean regions where it is akin to the Spanish Paella, the French Bouillabaisse and many other seaport dishes where fresh seafood items are in abundance. Crab Cioppino, the Italian version, is a West Coast favorite where it appears as Seattle Cioppino with its own King Crab and San Francisco Dungeness Crab Cioppino, among others.

Cioppino is a fairly easy dish to prepare with huge rewards as any number of people can join in the fun as it is prepared indoors or on cook-out. Simply throw a bunch of veggies in a big pot (or wok) and add fish at the end. Rice is always a fine dish to accompany your prize Cioppino and saffron added to rice is good news. There are many recipes, choose your own, the following simplifies what should be a happy time.



WHOLE FOODS MARKET CIOPPINO WITH SAFFRON RICE.

Dungeness Crab is in season here in Northern California from November through June. There is much fanfare when the season opens and the fisherman anticipate a good season with favorable fishing weather when the crab is plentiful and they can get a good price. The crabs generally weigh about 1&1/2 to 2 plus pounds each at about \$3. a pound and markets will crack and clean them when purchased.

2 TBLS OLIVE OIL
2 TBLS THINLY SLICED GARLIC
2 CUP YELLOW ONION, 3/4 INCH DICE
2 CUP GREEN BELL PEPPER, 3/4 INCH DICE
2 CUP THINLY SLICED FENNEL BULB (if nec, do without)

Heat olive oil over medium heat, Sauté garlic, onion, bell pepper and fennel until onions are translucent

1&1/2 CUP WHITE WINE (THEY SUGGEST PINOT NOIR)
ONE 14.5 OZ. CAN DICED TOMATOES
2 CUPS WATER
2 TBLS FRESH OREGANO, MINCED

Add wine, tomatoes, water and oregano. Bring soup to a boil, reduce to a simmer, cover and cook 25 minutes.



1&1/4 LB. FRESH FISH FILLETS, 1 INCH CUBES (SOMETHING FIRM LIKE SWORDFISH OR HALIBUT)

LARGE DUNGENESS CRAB (COOKED, CRACKED, CLEANED AND QUARTERED)

After the soup has simmered for 25 minutes, add fish and crab to soup. Simmer 5 minutes.

1/3 POUND SHRIMP, PEELED (And lobster in shell for special)

3/4 POUND LITTLE NECK CLAMS (or mussels or?)

1/4 CUP FRESH BASIL, MINCED (markets have fresh year-round now)

1/2 tsp FRESHLY GROUND BLACK PEPPER

Add shrimp, clams and basil. Simmer 5 more minutes

Place Saffron Rice in serving bowls. Ladle Cioppino on top.



FOR THE SAFFRON RICE

1 cup rice

1 & 1/2 cup water

1/4 tsp salt

1/8 tsp saffron

BRING WATER TO A BOIL ADD RICE SALT AND SAFFRON. RETURN TO BOIL.

REDUCE

HEAT, SIMMER 15-17 MINUTES.

Saffron fairly well available now-a-days. I get mine at Sonoma market, 5th & Napa Streets in Sonoma.