

# Auriga Wine Cellars

## October 2006 Wine Club Recipe



Pairs well with the  
2004 Reserve Syrah

### Cioppino (Italian Fish Stew)

Total Time: 45 Minutes or less

Serves 8

#### Base Ingredients

- 1 large onion chopped
- 1 bunch green onions, including part of the tops, sliced
- 1 green pepper, seeded and diced
- ½ cup sliced celery
- 1 carrot shredded
- ½ cup chopped parsley
- 6 cloves garlic, chopped
- 1/3 to ½ cup olive oil
- 3 large cans Italian style diced tomatoes
- 1 small can tomato paste
- 1 tsp salt, pepper
- 1 bay leaf
- 2 tsp Italian seasoning
- 2 tblsp sugar – this helps to reduce the acid of the tomatoes
- 1 cup dry red wine (of course we use Auriga Zinfandel or Syrah)

#### Fish Ingredients – Choose those that you like

1. 1 lb scallops (Baby Bay are the best)
2. 1 dozen med-large shrimp, peeled and de-veined
3. 1 dozen cherry stone clams – washed with a brush
4. 1-2 lbs boneless white fish (halibut, sea bass preferably a thick fish- what ever is fresh and in season) cut into large bite size pieces
5. Mussels – wash with a brush and beards removed

Note: salmon does not work well with this dish

#### Directions

Hint: if you have a food processor, I process all the vegetables individually – makes for a shorter work time

1. Sauté onion, green pepper, celery, carrot, green onion, garlic in olive oil. If mixture is dry, add more oil.
2. Stir in tomatoes, paste, parsley, Italian seasoning, salt, pepper, bay leaf
3. Bring to boil, reduce heat and simmer approximately 2 hrs.
4. Add wine and simmer 5 more minutes - discard bay leaf.

At this point, the sauce can be frozen. I usually make my sauce a day ahead and refrigerate it. This allows the flavors to come together before adding the fish.

Add shrimp, white fish and scallops. Place mussels and clams on top. Cover and simmer for 5-10 minutes until clams and mussels open. Discard any that do not open.

Ladle into soup bowls and serve with the 2004 Reserve Syrah, sourdough bread and a salad.