

ZUPPA DI MARE

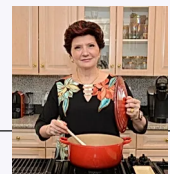


DIRECTIONS

1. Place olive oil, garlic and red pepper flakes in a large Dutch oven.
2. Sauté over medium heat until garlic is lightly golden.
3. Add cleaned mussels, clams and wine.
4. Cover and steam until they open.
5. Remove mussels and clams and set aside.
6. Discard any unopened ones.
7. Add crushed tomatoes and clam juice to Dutch oven.
8. Bring to a simmer and add calamari rings.
9. Simmer for 10 minutes.
10. Add shrimp and cook for 5 minutes.
11. Add the mussels, clams and cubed cod.
12. Add salt and pepper to taste.
13. Cover and simmer over low heat for about 15 minutes.
14. Stir gently halfway through cooking.
15. Remove from heat.
16. Sprinkle with fresh chopped parsley.
17. Serve hot with toasted (garlic) bread or over linguine.

INGREDIENTS

- 4 tbsp EVOO (extra virgin olive oil)
- 4 garlic cloves, chopped
- 1/2 tsp crushed red pepper flakes (optional)
- 3/4 cup dry white wine
- 10 oz clam juice
- 2, 28 oz cans San Marzano plum tomatoes, crushed
- 1 dozen little neck clams, scrubbed
- 1 lb mussels, scrubbed and beards removed
- 1 lb large shrimp
- 10 oz calamari rings
- 1 lb cod, cut into 1.5" cubes
- Salt and pepper to taste
- 1/4 cup chopped fresh parsley



NONNA'S TIPS

- You may use frozen seafood if fresh is not available. Just add a few extra minutes to the cooking time.
- San Marzano peeled tomatoes are sweeter than regular tomatoes so perfect for this sauce. Hand crush or blend them according to your preference before cooking.
- You may substitute San Marzano with canned or boxed (even better, as in Pomi) crushed tomatoes.