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# California Style Cioppino

*Chef Bleu Vorrasi - "The Inner Circle" Restaurant - Sarasota, FL  
Sarasota's Chef Du Jour - 1992*

## SAUCE

olive oil

4 large ripe tomatoes, peeled, cored, seeded and diced

3 cloves garlic, minced

1 cup dry white wine

2 cups fish stock (or clam juice in a pinch)

6 fresh basil leaves, chopped

pinch fresh oregano

pinch thyme

pinch fennel

pinch coriander

pinch crushed black pepper

2 ounces fresh parsley, coarsely chopped

1 large green pepper, thinly sliced

1 large Spanish onion, sliced thin

1 large portobello mushroom, sliced thin

1 large carrot, peeled and sliced thin

## SEAFOOD

1 pound Alaskan crab legs, cut to four-inch lengths

8 large shrimp, peeled and deveined

1/4 pound sea scallops

1/2 pound grouper fillet, cut into one-inch pieces

1/2 pound yellow fin tuna, cut into one-inch pieces

1 pound cultured mussels, scrubbed and debearded

1 pound little neck clams, scrubbed

parsley (for garnish)

In a two-quart pot, heat two ounces of olive oil. Add the tomato, pepper, onion, mushroom and carrot. Saute' until limp.

Add the wine, fish stock, garlic and herbs. Let simmer for 15 minutes. Turn the flame to high.

Add the seafood. Cover for 7 minutes.

Uncover. Turn off the heat and stir gently.

Divide into two large soup bowls. Top with chopped parsley.

Serve hot.

Yield: 2 large servings

## Soups, Chili, Stew

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*Per Serving (excluding unknown items): 821 Calories; 7g Fat (9.4% calories from fat); 86g Protein; 70g Carbohydrate; 17g Dietary Fiber; 194mg Cholesterol; 502mg Sodium. Exchanges: 10 Lean Meat; 12 Vegetable.*