

Tomato, Fennel and Seafood Soup

Stephanie Witt Sedgwick - Special to The Washington Post
Palm Beach Post

Servings: 8

8 large (4 ounce total) raw, shell-on shrimp

2 cups homemade or no-salt-added chicken broth

2 cups water

1/2 cup dry white wine

1 tablespoon oil

2 medium fennel bulbs (reserve some fennel fronds for garnish), tough green tops trimmed, cored, cut in half and then cut into thin slices

1 large sweet onion (such as Maui, Walla Walla or Vidalia), cut into thin slices

salt

2 cups low-sodium tomato juice

freshly ground black pepper

2 teaspoons oil

1 teaspoon salted or unsalted butter

8 ounces skinless cod fillets

Peel and devein the shrimp, placing the shells in a medium pot and reserving the deveined shrimp in a bowl.

Add the broth, water and wine to the pot. Bring to a boil over medium-high heat. Reduce the heat to medium or medium-low to maintain small bubbles at the edges. Cook for 20 minutes. Strain the broth into a large measuring cup, discarding the shrimp shells.

Meanwhile, heat one tablespoon of the oil in a 4-quart pot over medium heat. Add the fennel, onion and 1/8 teaspoon of salt. Cook for 12 to 14 minutes, stirring a few times, until the vegetables are tender. Add the strained broth and the tomato juice. Season with salt and pepper to taste.

Increase the heat to medium-high and bring just to a boil, then reduce the heat so the liquid is barely bubbling at the edges. Cook for 15 minutes. Use an immersion (stick) blender to puree the vegetables in the broth; or transfer, in batches, to a blender to puree the vegetables. (If doing the latter, remove the center knob from the lid and place a towel over the opening to allow steam to escape.)

Return the soup to the pot. Taste, and adjust the seasoning as needed.

Heat two teaspoons of oil and the butter in a medium nonstick saute' pan over medium-high heat. Add the cod fillets. Cook for about 3 minutes on the first side, until lightly browned, then turn them over and cook for 1 to 2 minutes, until they are done throughout. Transfer to a plate.

Add the shrimp to the hot pan. Cook for 2 to 3 minutes on the first side, then turn them over and cook for about 1 minute, until just opaque.

Divide the soup among individual bowls. Place an equal portion of cod into each bowl, breaking up the fish a bit.

Garnish each serving with a sautee'd shrimp and some of the fennel fronds.

Serve hot.

Yield: 8 one-cup servings

Per Serving (excluding unknown items): 35 Calories; 3g Fat (98.1% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Fat.