



[www.blockislandseafood.com](http://www.blockislandseafood.com)  
[craig@blockislandseafood.com](mailto:craig@blockislandseafood.com)

## Long Island Cioppino

1/2 cup olive oil	1 1/2 lbs cubed cod or striped bass
2 cups diced fennel	12 dozen little necks
1 diced large yellow onion	1 lbs sea scallops (cut in half)
3 diced garlic cloves	1 lbs mussels
1/2 teaspoon red pepper flakes	1/2 lb. crabmeat
28 oz. crushed tomatoes	teaspoon of chopped parsley and basil
4 cups clam or shrimp stock	Toasted baguette
1 1/2 cups dry white wine	

Sauté the fennel and onion for 10 minutes, add the garlic and red pepper for another 2 minutes. Now add the tomatoes, stock, white wine and black pepper. Let this simmer for about 30 minutes and you will have a wonderful stock.

Add the seafood in this order: Clams and Cod for 4 minutes and then the Scallops and mussels for 4 minutes. If any of the shellfish hasn't opened, discard it.

Ladle this into a bowl and serve with crunchy bread.