AMERICAN · LUNCH · DINNER

Cioppino (San Francisco Seafood Stew)

80 min · Serves 6 · 308 kcal a serve · Video 8:16 · Chef Billy Parisi

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

About 34 g protein and 7 g fibre a serve from five kinds of seafood in a tomato and pepper broth, with just 2 tbsp of oil for the pot. Very rich in vitamin B12 and selenium.

Diet notes: Low saturated fat (1.1 g, 3% of the energy).

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Ingredients 17 · SERVES 6

- [ ] 2 tbsp **olive oil**
- [ ] 1 **yellow onion**, finely diced
- [ ] 4 **garlic** cloves, finely minced
- [ ] 3 small **celery** stalks, finely diced
- [ ] 1 **green bell pepper**, seeded and finely diced
- [ ] 1 **red bell pepper**, seeded and finely diced
- [ ] 470 ml **fish stock** (or clam juice)
- [ ] 2 × 794 g cans whole peeled **tomatoes**, crushed by hand
- [ ] **sea salt** to taste
- [ ] **pepper** to taste
- [ ] 450 g **manila clams**, in the shell
- [ ] 450 g **mussels**, in the shell, beards removed
- [ ] 230 g large **prawns** (shrimp), peeled and deveined, tails on
- [ ] 450 g **crab legs**, broken into pieces
- [ ] 230 g **squid** tubes, sliced
- [ ] chopped **parsley**, to serve
- [ ] **crushed red pepper flakes**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea, Molluscs, Fish, Celery. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large pot over medium heat and sauté the onion, garlic, celery and both peppers for 4–6 minutes until lightly browned. 2:36
2. Crush the canned tomatoes with your hands. 3:24
3. Add the fish stock and tomatoes and simmer gently for 20 minutes. Season well with salt and pepper. 3:45
4. Meanwhile bring a large pot of salted water to the boil. Cook the clams for 3–4 minutes, add the mussels for 3–4 minutes more (all the shells should open; throw away any that don't), then drain and add them to the stew. 5:30
5. Boil the prawns, crab and squid for 2–3 minutes, then add them to the stew and simmer on low for 3–4 minutes. 6:12
6. Ladle into bowls and scatter with parsley and, if you like, chilli flakes. 6:43

> **Tip** Serves 6. Use what the fishmonger has: halibut or sea bass work too. Clams and mussels must be alive (closed, or closing when tapped) before cooking. Sourdough for dipping is classic.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
308 kcal 1,290 kJ	34 g 68% of a day	30 g 23 g net · 14 g sugars 11% of a day

FIBRE	FAT	SODIUM
6.8 g 24% of a day	7.6 g 1.1 g saturated 10% of a day	1,400 mg 61% of a day

Energy from net carbs 31% · protein 46% · fat 23%

High in (20%+ of a day) Vitamin B12 901% · Selenium 140% · Vitamin C 99% · Zinc 40% · Vitamin E 39% · Omega-3 38% · Vitamin B6 37% · Iron 35% · Potassium 30% · Vitamin K 29% · Folate 27% · Magnesium 24%

Source of (10–19%) Vitamin A 19% · Calcium 16%

⚠ One serve has about 61% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Billy Parisi (@ChefBillyParisi) on YouTube — youtube.com/watch?v=hObtmo0UFxM, published 8 March 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cioppino-san-francisco-seafood-stew