

JANE'S CIOPPINO

INGREDIENTS:

- ☐ ½ cup fine olive oil
- ☐ 2 large onions
- ☐ 1 large bunch Italian flat-leaf parsley, trimmed of stems
- ☐ 2 or 3 large garlic cloves
- ☐ Two 26-ounce packages Pomi chopped tomatoes, or 2 cans solid-pack tomatoes (6 to 7 cups)
- ☐ Two 6-ounce cans tomato sauce
- ☐ 2 bay leaves
- ☐ Salt and coarsely ground pepper to taste
- ☐ 2 cups dry white wine
- ☐ 1 pound prawns, shelled
- ☐ 2 pounds uncooked sea trout (or bass, rock cod, halibut or other firm fish), skinned, boned, cut into bite-size pieces
- ☐ 3 or 4 cooked crabs, cleaned, cracked
- ☐ Torn fresh basil leaves for garnish

INSTRUCTIONS: Heat oil slowly in a large, deep, heavy kettle. Chop the onion, parsley and garlic together until fine, then saute in oil until just beginning to color. Add tomatoes, tomato sauce, bay leaves and salt and pepper to taste. Simmer gently, covered, for 1 hour.

Add wine, prawns and the fish. Cook 5 or 6 minutes, stirring occasionally. Add crab (you may want to remove body meat from shells), leaving legs whole and cracking them; correct seasoning and cook another 8 to 10 minutes to heat through. Discard bay leaves. Serve in soup plates topped with basil.

Serves 8 to 10.

PER SERVING: 355 calories, 34 g protein, 18 g carbohydrate, 17 g fat (3 g saturated), 164 mg cholesterol, 804 mg sodium, 4 g fiber.