



**NEW EPISODES
MONDAYS
AT NOON EST**

"Admiral's Faves" Southern Cioppino

**1/4 cup olive oil
3 onions, halved and thinly sliced
3 carrots, shredded
3 ribs of celery, thinly sliced
2 fennel bulbs, halved and thinly sliced
6 garlic cloves
1 (28oz) can chopped tomatoes w/juice
1/4 cup tomato paste
2 cups red wine
1 tsp red pepper flakes
1 cup assorted chopped fresh herbs (parsley, basil, thyme, tarragon,
oregano)
1 tsp fennel seed
Salt & pepper
Zest of 2 oranges
4 cups fish stock
1 lb catfish fillets, cut into 1" chunks
1 lb crayfish tails, peeled
1 lb mussels, scrubbed, rinsed and debearded**

In a large Dutch oven with a tight fitting lid, heat the olive oil. Add the onions, carrots, celery, fennel, and garlic. Cook over medium high heat until the vegetables are soft, about 10 minutes. Add the chopped tomatoes, tomato paste, red wine, red pepper flakes, 1/2 cup of the chopped herbs, fennel seed and salt & pepper. Bring to a boil, cover and reduce the heat to a simmer. Cook for 1 hour, stirring occasionally.



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Stir in the orange zest, fish stock, catfish, crayfish and mussels. Cover and cook for 10 minutes or until the fish is white and opaque... crayfish tails are coral and the mussels have opened. Discard any that do not open.

Stir in the remaining 1/2 cup of herbs and adjust the seasoning with salt and pepper. Ladle the soup into shallow bowls and serve with toasted, crusty bread.

Shopping for a Dutch oven? Select a cast iron Dutch oven with a good lid and handle. A new cast iron Dutch oven will need to be pretreated before you cook with it the first time.