



HOME CHEF

San Francisco-Style Shrimp Cioppino

With Spiced Tomato and White Wine Broth



Cioppino is an Italian American fish stew that gained popularity with migrant fishermen who settled in the North Beach neighborhood of San Francisco in the late 1800s. Originally prepared on boats while out at sea, this dish is now an elegant staple at Italian restaurants. We make ours with plump shrimp in an aromatic tomato and white wine broth accented with bay leaf and red pepper flakes.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



MEDIUM SPICE



DAYS BEST COOKED BY

NUTRITION

Calories: 427
Carbohydrates: 24g
Fat: 13g
Protein: 13g
Sodium: 673mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

A Northern California dish comprised of spicy tomato broth plus delicate seafood means you should be pouring something with bright acidity. A Napa Valley sauvignon blanc, mayhaps?

INGREDIENTS

3 Parsley Sprigs
2 Garlic Cloves
1 Yellow Onion
16 Shrimp
1 tsp. Gluten-Free Minor's Vegetable Base
1 Bay Leaf
14 oz. Diced Tomatoes, Canned
½ tsp. Red Pepper Flakes
2 oz. White Cooking Wine

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Small Pot
Medium Pot
Medium Pan

DID YOU KNOW?

The origin of the name “cioppino” is up for debate, but in one version, Italian-American cooks in the late 1800s would walk the San Francisco wharf asking fishermen to “chip in” from their day’s catch.



Prepare the Ingredients

Bring a small pot with 2 cups **water** to a boil over high heat. Thoroughly rinse produce and pat dry. Coarsely chop **parsley**, reserving 2 small sprigs for garnish. Mince **garlic**. Peel and mince **onion**. Rinse **shrimp** and pat dry.

Prepare the Stock

Reduce heat of water to a low simmer. Add **vegetable base** and stir until completely dissolved. Add **bay leaf** and simmer broth for 5 minutes. Remove from heat. *Bay leaves add a great floral aroma to soups and stews, but they're totally indigestible. Be sure to discard it before serving.*

Prepare the Cioppino

In a medium pot, heat 1 Tbsp. **olive oil** over medium heat. Once hot, add **onion** and **garlic** and sauté for 2-3 minutes, or until translucent. When translucent, add **tomatoes (including juice from can)**, half the **parsley**, **stock** (including bay leaf), **red pepper flakes** (to taste—start with ¼ tsp. if you only like a little heat), and a pinch of **salt and pepper**. Let the cioppino simmer on medium heat for 8-10 minutes while you sauté the shrimp.

Sauté the Shrimp

In a medium pan, heat 2 tsp. **olive oil** over medium-high heat. Season **shrimp** with **salt and pepper** and add to pan. Sear 2-3 minutes on first side. Flip, add **white cooking wine**, and cook for an additional minute, or until shrimp are bright pink, firm to the touch, and a minimum internal temperature of 145 degrees has been reached. Add shrimp to the **cioppino** pot and stir together.

Plate the Dish

Remove **bay leaf** and discard. In a bowl or shallow dish, ladle the **cioppino**. Ensure there is an equal amount of **shrimp** in each bowl. Garnish with **remaining parsley sprigs**.

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