





# **RECIPE: CIOPPINO (FISHERMAN'S STEW)**

# **CANNED FOOD**

Tomatoes canned, 1

**CONDIMENTS & OIL** 

Olives, 2 oz.

#### **DAIRY**

Butter, 0.51 oz.

## **FISH & SHELLFISH**

Clams, 5

Mussels, 5

Prawns, 3

#### **SPICES & SEASONINGS**

Salt, to taste

Pepper, to taste

### **VEGETABLES**

Celery ribs, 3

Garlic, 0.1 oz.

Yellow onion, 1

Yellow bell pepper, 1

Green bell pepper, 1

Red bell pepper, 1

Shallot, 0.12 oz.

# WINE

Red wine, 4 fl oz.

Vermouth, 1.9 fl oz.

# **MISCELLANEOUS**

Scallops, 3

Fresh Fish Scrap, 3 oz.

Marinara, 1 oz.

Clam Juice, 1 oz.

Fennel bulb (medium), 1