



COOKING CLASSES

AT SUR LA TABLE

CATCH OF THE DAY: CIOPPINO

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 1/2 pound white-fleshed fish such as cod, snapper or halibut
- 1/2 pound medium shrimp, peeled and deveined
- 1/2 pound mussels, scrubbed and beards removed

Produce

- 1 large yellow onion
- 1 small fennel bulb
- 1 head garlic
- 1 bunch parsley
- 1 lemon

Dairy

- 4 eggs

Pantry Items

- Olive oil
- Dried oregano
- Red pepper flakes
- Fennel seeds
- Bay leaf
- 28-ounce can of diced tomato
- Tomato paste
- 1 quart seafood stock
- Kosher or sea salt
- Black peppercorns, in a grinder or freshly ground

Other

- 1/2 baguette or rustic loaf bread

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Bread knife
- Cutting board

Hand Tools/Gadgets

- Wooden spoon
- Measuring cups and spoons
- Liquid measuring cup
- Can opener
- Mixing bowls (various sizes)
- Fish bone tweezers, or cleaned needle nose pliers (if purchased fish has bones)
- Whisk
- Citrus juicer
- Silicone or natural pastry brush
- Tongs

Cookware

- Large saucepan or Dutch oven
- Medium skillet

Tabletop

- Serving bowls and side plates

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Cioppino

1. Review seafood purchasing and storing notes at the end of this packet before shopping.
2. Wash and dry produce.
3. If purchasing frozen seafood, thaw in the refrigerator.

CIOPPINO

Yield: 4 servings

*2 tablespoons olive oil
1 large yellow onion, finely chopped
1 small fennel bulb, finely chopped
3 garlic cloves, chopped
1 teaspoon dried oregano
1/2 teaspoon red pepper flakes
1 teaspoon toasted fennel seeds
1 bay leaf
1 28-ounce can of diced tomato, juices reserved
1 tablespoon tomato paste
4 cups seafood stock, plus more as needed
1/2 pound white-fleshed fish such as red snapper or cod, skin and bones removed, cut into 2-inch pieces
1/2 pound medium shrimp, peeled and deveined
1/2 pound mussels, scrubbed and beards removed
Kosher salt and freshly ground pepper
Fresh parsley, chopped*

Toasted Bread and Garlic Aioli (recipes included)

1. To a large saucepan or Dutch oven set over medium heat, add oil. When oil is shimmering, add onion and fennel; sauté, stirring occasionally with a wooden spoon, until softened, about 7 minutes. Add the garlic and continue to sauté until fragrant, about 1 minute. Add oregano, pepper flakes, fennel seeds and bay leaf; cook until fragrant, about 1 minute.
2. Add the tomatoes with the juices, tomato paste and seafood stock; bring to a simmer. Cook until the stew begins to thicken, about 10 minutes.
3. Gently stir in the fish and cook for 5 minutes. Add the shrimp and mussels, gently stirring into the stew. Increase the heat to medium-high and cover the pan. Cook until the mussels open and the shrimp is opaque, about 3 minutes. Remove the lid and discard any unopened mussels. If the stew seems too thick, add additional stock or hot water and thin to desired consistency. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Arrange an even portion of fish, shrimp and mussels in 4 warmed serving bowls. Pour the stew over the seafood and garnish with parsley. Serve with toasted bread and aioli.

Recipe variations:

- Cioppino is traditionally made with seafood that is freshly caught from the ocean. Talk to your fishmonger to learn what is freshest and substitute for any of the seafood in the ingredient list.

TOasted BREAD WITH GARLIC AIOLI

Yield: 4 servings

Store extra aioli in an airtight container in the refrigerator for up to 1 week.

Garlic Aioli:

1 small garlic clove, mashed into a paste

2 large egg yolks

2 tablespoons fresh lemon juice

3 tablespoons olive oil, divided

2 tablespoons vegetable oil

Sea salt

Freshly ground black pepper

1 garlic clove, peeled, cut in half

1/2 baguette or any rustic loaf, cut into 1/2-inch thick slices

1. For the garlic aioli: Whisk together the garlic paste, egg yolks and lemon juice in a medium mixing bowl. While whisking vigorously, slowly drizzle in 2 tablespoons of olive oil and vegetable oil to form a thick emulsion. Taste and adjust seasoning with salt, pepper and additional lemon juice. Cover and refrigerate until ready to use.

2. For the toasted bread: Preheat a medium skillet over medium-high heat. Rub sliced bread with halved garlic and brush lightly with remaining 1 tablespoon of olive oil. Toast bread until golden brown and crispy. Transfer to a platter or bowl and cover with a clean towel or foil to keep warm.

3. To serve: Spread aioli on toasted bread slices.

* **SAFE HANDLING INSTRUCTIONS:** To prevent illness from bacteria: keep eggs refrigerated, cook eggs until yolks are firm and cook foods containing eggs thoroughly.

How to Select Fresh Fish and Shellfish

Whether you're buying whole fish, fillets or shellfish, a few simple guidelines will help you pick the freshest and highest-quality products.

When selecting a whole fish, look for:

- Fresh fish or shellfish should always smell fresh like the sea, not “fishy.”
- Clear, bright and bulging eyes—not cloudy or sunken.
- Scales that are tightly attached to the skin and the skin is not dry, sticky or tacky.
- Flesh that is springy when touched, not soft.
- Bright pink to maroon gills.

On display does not always mean fresh:

- When buying shellfish such as shrimp, the items in a grocery store case have typically been frozen and thawed. All fish should be clearly marked “fresh” or “previously frozen.”
- Since most frozen seafood has been IQF (individually quick frozen) when caught, you may actually get a fresher product when choosing frozen seafood.
- Buy seafood at busy markets. Stores with heavy traffic usually have fresher product.

When buying live shellfish like clams, mussels and oysters:

- Look for tightly closed shells, or shells that close when touched. If you notice any shells that are open before cooking, discard them.
- When buying live shellfish like crabs and lobster, look for signs of movement.
- When buying any fish or shellfish, transport it home as quickly as possible and store in the refrigerator until just before cooking, ideally within 1 or 2 days.
- To remove the beard, the filaments on the sides of the shell used to attach the mussels to rocks, hold the mussel upright and use your fingers to pull firmly down towards the hinge. Remove the beards just before cooking.

Seafood Storage:

- Seafood should be stored in the coldest part of the refrigerator. Always separate raw products from cooked products to prevent cross contamination.
- Do not store live shellfish in sealed plastic bags or immersed in tap water, as they will suffocate. Remove shellfish from any store packaging and store in clean, open containers with damp cloths covering them.
- To avoid cross contamination, never share the same utensils and chopping boards with both raw and cooked seafood products.
- Always store marinated items in the refrigerator and never re-use the marinade.