

DINNER

Nor Cal Cioppino 2

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
115 min	25 min	90 min	10	\$8.23	709 kcal



Nor Cal Cioppino 2 requires around 1 hour and 55 minutes from start to finish. This main course has 709 calories, 82g of protein, and 12g of fat per serving. For \$8.23 per serving, this recipe covers 57% of your daily requirements of vitamins and minerals. This recipe serves 10. 9 people were impres...

Ingredients

- ☐ 2 bay leaves
- ☐ ½ cup clam juice
- ☐ 1½ cups dry red wine
- ☐ 1½ cups thinly sliced fennel
- ☐ 1 cup coarsely chopped fresh flat-leaf parsley
- ☐ 1 head garlic, cut through the middle
- ☐ 1 teaspoon black peppercorns
- ☐ 1 tablespoon dried basil
- ☐ 4 pounds whole Dungeness crabs
- ☐ 2 pounds firm white fish, such as cod or halibut, cut into 2-inch pieces
- ☐ ½ cup minced garlic
- ☐ 1 tablespoon kosher salt

☐ ¼ cup lemon juice

☐ ¼ cup olive oil

☐ 2 tablespoons sambuca liqueur

☐ 1 cup chopped red bell pepper

☐ 2 tablespoons red chili flakes

☐ 2 pounds shrimp (16/20 count), shell-on, deveined

☐ ½ cup tomato paste

☐ 4 cups diced yellow onions (about 4 medium onions)

☐ 2 pounds littleneck clams, cleaned and scrubbed

☐ 1 tablespoon dried oregano

☐ 1 tablespoon freshly cracked black pepper

☐ 1 tablespoon dried red chili flakes

☐ 2 tablespoons fine sea salt

☐ 10 servings Sourdough bread, for serving

☐ 6 cups tomato sauce, such as San Marzano

EQUIPMENT Pot

Method

- 1 Watch how to make this recipe.
- 2 Begin by poaching the whole crabs: To prepare the crabs, set a large pot of cold water with the garlic, bay leaves, black peppercorns, kosher salt and chili flakes over high heat. Bring to a boil, and then drop in the crabs. Once the water starts to boil again, reduce the heat and simmer for 12 to 15 minutes. When the crabs are done, shock them in cold water so they stop cooking. Then break each one into 4 pieces, with the pieces cracked to let the sauce in.
- 3 For the cioppino: In a large stockpot over medium heat, heat the oil and cook the onions, fennel and bell peppers until lightly browned.
- 4 Add the minced garlic and tomato paste and cook until it browns, stirring often.
- 5 Add the tomato sauce, 4 cups water, wine, clam juice, lemon juice, sambuca, half the parsley, the chili flakes, salt, basil, oregano, pepper and bay leaves, and simmer for 1 hour.
- 6 Add the pieces of cooked crab to the sauce and simmer for 20 minutes.
- 7 Add the clams and simmer for 5 minutes.
- 8 Add the fish and shrimp and cook until the shrimp turn pink, 4 to 5 minutes. DO NOT STIR.
- 9 Remove the bay leaves, stir in the remaining chopped parsley and serve immediately with bread.

Nutrition per serving

709

KCAL

82 g

PROTEIN

12 g

FAT

63 g

CARBS

Saturated Fat	2.2 g · 14% of daily needs
Fibre	7.9 g · 32% of daily needs
Sugar	15.7 g · 17% of daily needs
Sodium	4,074 mg · 177% of daily needs
Cholesterol	303 mg · 101% of daily needs
Vitamin C	58.9 mg · 71% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/nor-cal-cioppino-2-147727