

# Fisherman's Soup

## Cacciucco

This soup finds its origins in the Tuscan coastal town of Livorno, where it's been made for centuries using fresh local fish. Variations appear all over coastal Italy. Traditionally it is made with at least five types of fish and shellfish, one for each "c" in its name.

This soup recipe may look intimidating because of the long list of ingredients, but once you've done the shopping, the preparation is simple.

6 servings

3 tablespoons olive oil  
1 medium onion—finely chopped  
1 stalk celery—finely chopped  
2 cloves minced garlic  
1/4 cup fresh Italian Parsley—chopped  
1-1/2 tablespoons fresh rosemary—  
chopped fine  
pinch of saffron (optional)  
pinch dried crushed red pepper  
1-1/2 tablespoon flour  
3/4 cup dry white wine  
28 oz. can Whole Peeled Plum  
Tomatoes—crushed by hand  
1 quart water  
1 pound fish (such as 8 oz. each of Sea  
Bass and Orange Roughy)—rough cut  
into bite size squares  
1 pound shellfish (such as 5-6 oz. each  
of shrimp, scallops, & calamari)  
2 teaspoon sea salt  
black pepper – fresh ground  
1 tablespoon sugar (optional)  
1/2 cup half & half or cream (optional)  
6 slices toasted rustic bread (small  
enough to fit in bottom of bowls)  
additional chopped Italian Parsley and  
Extra Virgin olive oil for garnish

1. Put on some Italian music. Frankie's recommendation: the sound track from *Il Postino*.
2. Heat the olive oil in a large pot over medium heat until it begins to shimmer. Add onion and celery and sauté about 7 minutes, until it begins to soften. Add garlic and sauté an additional 3 minutes.
3. Stir in herbs and crushed red peppers. Sauté about 2 minutes. Add flour and sauté one minute.
4. Add wine and cook until most of the liquid evaporates (this step is known as deglazing). Scrape the browned bits from the bottom of the pot.
5. Add the tomatoes with their juices. Add water. Bring to a boil. Reduce heat and simmer for 20 minutes.
6. Add all seafood to soup. Increase heat to low-medium and cook 3 to 5 minutes until seafood is cooked through, (as seen by opaque color).
7. Add salt and several twists of fresh ground black pepper. Add optional sugar and half & half if desired. Taste and adjust seasoning to your liking.
8. Place a slice of toasted bread in the bottom of each serving bowl. Ladle soup over. Garnish with parsley and drizzle with Extra Virgin olive oil.



Sorrento, Campania



### Frankie's Tips:

- ◆ This recipe is very flexible. If you can't make it to a fresh seafood shop, I used two types of fish and a Seafood Blend from Trader Joe's which contains shrimp, bay scallops and calamari rings. For the fish, any thick cuts of firm fish will work well. For the shellfish, if you want to use clams or mussels in their shells, as part of your shellfish blend, you will need to purchase triple the weight to compensate for the weight of the shells.
- ◆ Italians generally do not mix dairy with seafood, thus my optional half & half (or cream) goes outside of tradition. However, I really like the extra layer of savory flavor it adds.
- ◆ I added a little saffron to my soup and liked the flavor enhancement. Saffron can be added to a cup of the water and heated to dissolve it, or you can crush the threads with a mortar and pestle, or use a simple method of placing it on a cutting board and crushing it with the side of a chef's knife.