



OREGON
WINE

NORTHWEST SEAFOOD CIOPPINO

By Chef Dale Fowler of the Regency Grill in Medford, OR

Serves 4

INGREDIENTS

3 pounds assorted seafood

2 tablespoons olive oil

1 cup celery diced

1 cup carrots diced

1 large onion diced

1 can diced tomatoes

1 cup white wine

1 quart fish stock

1 teaspoon saffron threads

1 teaspoon basil

1 teaspoon oregano

2 tablespoon tomato paste

Salt & pepper to taste

PREPARATION

STEP 1

In a large stockpot over medium-high heat, heat the olive oil. Add the celery, carrots and onion until just beginning to tenderize, about 5 minutes. Add the canned tomatoes and wine, reduce by half.

STEP 2

Add the tomato paste, saffron, basil, oregano, salt, pepper and fish stock. Simmer for 30 minutes.

Lightly blend mixture after simmering and return to stockpot.

STEP 3

Add 3 pounds of assorted seafood in order of firmness and cooking time, with the denser fillet of fish going into the pot first, followed by shellfish and then shrimp (lobster, halibut, scallops, shrimp, and clams). Stir minimally to preserve the whole pieces of seafood, until the shellfish have opened and fish fillets have cooked through, 5 to 10 minutes total.

STEP 4

To serve, carefully remove the fish and shellfish, arranging them on a large serving platter or in warm bowls. Ladle the broth over the fish and garnish with herbs. Serve warm.

PAIR WITH OREGON RIESLING

An off-dry Oregon Riesling will match and accentuates many flavors in this dish. The richness of the tomato/stock base and seafood will be balanced by a crisp acidity, while the basil, oregano and vegetables will draw out herbal and fruit notes natural to cool climate Riesling.