
Cioppino

From the Kitchen of Brett Broussard

3 tablespoons olive oil
1 large fennel bulb
1 onion
3 large shallots
2 teaspoons salt
4 cloves garlic
3/4 teaspoon red pepper flakes
1/4 cup tomato paste
28 ounces diced tomatoes
1 1/2 cups white wine
5 cups seafood stock

Saute fennel, onions, shallots, and salt for about 10 minutes. Add garlic and red pepper flakes and saute 2 minutes. Add tomato paste, then diced tomatoes, wine, stock, and one bay leaf. Cover and simmer for about 30 minutes.