

# food & wine

REGIONAL CUISINE: HEATHER ROLAND

## Bay of plentiful seafood

Peter and I have just returned after a wonderful month in Canada and USA where our sisters live.

A big thank you to those responsible for writing my column while I have been away.

Last Tuesday we were in San Francisco.

It was the only day we spent on our own so we were real tourists in this lovely city.

We, naturally, caught the cable car to Fisherman's Wharf and selected Scoma's Restaurant for lunch.

It was divine.

Peter chose the dish which I am sharing with you this week.

Here is some information about Scoma's as it is a MUST if you're revisiting San Francisco.

In 1965, brothers Al and Joseph Scoma took over a six-table coffee shop to serve fishermen on the wharf.

Using their mother's recipe collection, the Scoma brothers' humble café became so popular that it is now one of the highest volume independent restaurants

west of the Mississippi River.

The restaurant is very environmentally conscious.

Last weekend there was a major oil spill in the San Francisco Bay and it was made clear that there would be no serving of fish or shellfish that came from any waters affected by any recent oil spill.

For example, all petrale, snapper and Dungeness crab came from the Pacific, Northwest and British Columbia.

The swordfish is from Southern California and the calamari is from Monterey, California.

This recipe, Scoma's Lazy Man's Cioppino, is the first recipe the Scoma brothers used.

It is a fish stew and a favourite recipe in the San Francisco tradition.

The actual title of the recipe Peter ordered was "*Cioppino Alla Pescatore*" but that comes with the crab in the shell - hence the title of 'Lazy Man's Cioppino' when the dish is served minus the crab shell.

There is a website which gives you a nice overview of the restaurant with its beautiful position in Fisherman's Wharf overlooking the San Francisco Bay with Alcatraz in sight.

The web address is [www.scomas.com](http://www.scomas.com)



### RECIPES

## Scoma's Lazy Man's Cioppino

- 1 tablespoon garlic
- 1 large white or yellow onion, chopped
- ½ cup dry white wine
- 1 teaspoon fresh oregano, chopped
- 1 tablespoon fresh basil, chopped
- 2 cups fish stock or clam juice
- 6 cups of your favourite tomato sauce
- 1 lb rock cod cut into 1" cubes
- 1.5 lbs Manila clams
- 12 oz prawns (deveined and peeled)
- 1 lb cooked crab meat
- 8 oz bay shrimp
- 12 oz scallops
- Salt and pepper

Serves 4-6

**Preparation time:** 30-45 minutes

**Cooking time:** 30-40 minutes

**Procedure:**

Heat olive oil over medium heat and cook garlic for one minute. Add the onions and let them sweat for two or three minutes.

Turn heat to high and add the wine to deglaze. Cook for 2-3 minutes (or until reduced in half) then reduce heat to medium.

Add fresh oregano and basil. Add the tomato sauce and bring to a boil. Slowly add fish, shellfish, and shrimp meat.

Bring the cioppino back to a boil and simmer for 5-7 minutes or until all the seafood is cooked. Add cooked crab meat.

Thin the cioppino to your liking with fish stock or clam juice. Adjust the seasoning with salt and pepper.

Serve in a large bowl with fresh sourdough bread and enjoy. The dish is a natural with most kinds of pasta such as linguine, angel hair, fettuccini or penne.

**Bon appetite,**

**Chef Steve Scarabosio**

