

SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare *Zuppa di Pesc*, *Italian Fish Soup*



Crowned as Canada's Top Chef by Food Network's Top Chef Canada: All-Stars. Nicole fought her way to the champion spot to become the first female winner. Her first exposure to professional cooking came during an apprenticeship at a Paris bistro. She has since cooked across the globe, notably in Sydney, Hong Kong, Vancouver, B.C. and Calgary. Gomes owned and operated her 13 year old boutique catering company, Nicole Gourmet, which she recently sold. In 2016 she partnered with her sister to open Cluck N' Cleaver, a crispy fried and French style rotisserie chicken take-out joint, priding itself on all natural, made from scratch menu items that provides good wholesome food, fast.



Zuppa di Pesce *Italian Fish Soup*

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**The Soup Sisters and
Broth Brothers Cookbook
by Nicole Gomes**



Passata is an Italian sauce made from puréed tomatoes. It's usually sold in jars. Look for it near the tomato sauce in your supermarket or in Italian grocery stores.

Makes about 4 servings

12 manila clams in their shells, scrubbed
2 Tbsp (30 mL) cornmeal
1/4 cup (60 mL) olive oil
1/2 small onion, finely chopped
4 anchovy fillets, drained, rinsed and minced
3 cloves garlic, minced
1 1/2 tsp (7 mL) red chili flakes
1/2 bunch parsley, finely chopped
1 lb (500 g) white fish fillet, such as snapper, cut into 1-inch (2.5 cm) pieces

Salt to taste
3 plum tomatoes, diced
3/4 cup (185 mL) white wine
12 mussels in their shells, scrubbed
12 jumbo large shrimp, peeled and deveined
1 cup (250 mL) passata (see sidebar)
1/2 cup (125 mL) fresh basil leaves, torn or cut into strips
Extra virgin olive oil for drizzling



Italian Fish Soup (Zuppa di Pesce)

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Makes about 4 servings

12 **Manila clams** in their shells, scrubbed
2 Tbsp (30 mL) **Cornmeal**

Advance Prep

The day before making the soup, discard any clams that don't close when tapped sharply on the counter.

Put the remaining clams in a bowl and add enough cold water to cover them. Add the cornmeal and refrigerate overnight. Drain the clams well, then refrigerate until needed.

¼ cup (60 mL) **Olive oil**
½ small **Onion**, finely chopped
4 **Anchovy fillets**, drained, rinsed and minced
3 cloves **Garlic**, minced
1 ½ tsp (7 mL) **Red chili flakes**
½ bunch **Parsley**, finely chopped
1 lb (500 g) **White fish fillet**, cut into 1" (2.5 cm) pieces
Salt to taste
3 **Plum tomatoes**, diced
¾ cup (185 mL) **White wine**
12 **Mussels** in their shells, scrubbed
12 jumbo, large **Shrimp**, peeled and deveined
1 cup (250 mL) **Passata**
½ cup (125 mL) **Fresh basil** leaves, torn or cut into strips
Extra virgin olive oil for drizzling

1. In a large pot, heat the oil over medium heat. Add the onion. Cook, stirring often, until the onion has softened but is not brown.
2. Add the anchovies, garlic and chili flakes. Cook, stirring, for 1 minute. Stir in the parsley.
3. Add the fish and season with salt to taste.

4. Add the tomatoes and reserved clams. Cook, stirring gently, for 1 minute.
5. Add the wine. Bring to a simmer and simmer for 1 minute.
6. Add the mussels (discarding any that don't close when tapped sharply on the counter), shrimp and passata. Cook, covered, until the shrimp are pink and the clams and mussels have opened, about 3 minutes. Discard any shellfish that haven't opened.
7. Add the basil and season with salt to taste.
8. Ladle up chunky bowlfuls and drizzle with extra virgin olive oil. Serve with grilled ciabatta.