Pomì
O Così. O Pomì.

Cacciucco

Preparation time: 120 min
Difficulty: Medium

Ingredients

- Carrots: 80 g
- Celery: 80 g
- Clams: 100 g
- Garlic: 1 clove
- Gurnard: 250 g
- Hake: 250 g
- Mantis prawn: 100 g
- Mussels: 200 g
- Octopus: 200 g
- Oil: 20 g
- Onion: 80 g
- Parsley: to taste
- Pepper: to taste
- Prawn: 200 g
- Red mullet: 200 g
- Salt: to taste
- Squids: 100 g
- Stale bread: to taste

Preparation

1. Start by finely chopping carrot, celery and onion and browning them in a pan with oil, garlic, salt and pepper.
2. In the meantime clean all the fishes and use all the vegetable and fish scraps to prepare a nice fish broth.
3. This recipe is delicate because each fish requires different cooking times and they should be carefully added to the pan in the right order.
4. Add the **tomato** to the finely chopped mixed vegetables in the pan and start by adding the raw octopus; 30 minutes later add the fish broth and fishes with bones; 15 minutes later add the squids and crustaceans, followed by the molluscs, 15 minutes later.
5. Finish cooking once the shells have opened. Serve with crispy bruschetta.

For this recipe we used:

Chopped Tomatoes 300 g