



**make soup • share soup • give soup**



[Soup Sisters](#) is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup.

Well known for over a decade of community soup making events, Soup Sisters has delivered over 3 million servings of nurturing and nourishing soup to emergency shelters across the country.

**Celebrated annually on March 3rd, the National Soup it forward day is observed to encourage people to deliver love and kindness by the bowlful to family, friends, neighbours and strangers in need of a 'Hug in a Bowl'.**

**SOUP IT FORWARD THE SOUP SISTERS WAY!**



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**  
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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)

The Soup Sisters and Broth Brothers  
Cookbook  
by Chef Nicole Gomes

*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.

# There's a message in every bowlful

[WWW.SOUPSISTERS.ORG](http://WWW.SOUPSISTERS.ORG)



## *Italian Fish Soup (Zuppa di Pesce)*

Clams, cornmeal, olive oil, onion, anchovies, garlic, red pepper flakes, parsley, fish, salt, tomato, white wine, mussels, shrimp, basil

MADE FRESH

Month, YYYY



WITH LOVE FROM

*Your friends next door!*



