



Bouillabaisse

(French Seafood Stew)



4 Servings



65 minutes

Ingredients :

- Olive oil
- Onion finely chopped
- Leeks sliced
- Garlic cloves minced
- Tomatoes chopped
- Tomato paste
- Fish stock
- Dry white wine
- Saffron threads
- Orange zest
- Bay leaf
- Thyme
- Salt
- Black pepper
- White fish fillets cut into chunks
- Shrimp peeled and deveined
- Mussels cleaned
- Clams cleaned
- Fresh parsley chopped



Instructions :

1. Heat olive oil in a large pot over medium heat and sauté the onion, leeks, and garlic until soft and fragrant.
2. Stir in the tomatoes and tomato paste, cooking for a few minutes until slightly thickened.
3. Pour in the fish stock and white wine, then add saffron, orange zest, bay leaf, thyme, salt, and black pepper.
4. Bring the broth to a gentle simmer and let it cook uncovered for about 20 minutes to develop flavor.
5. Add the white fish pieces and simmer gently for 5 minutes.
6. Stir in the shrimp, mussels, and clams, cover the pot, and cook until the shellfish open and shrimp turn pink.
7. Remove from heat and let the stew rest for 10 minutes before serving.
8. Garnish with fresh parsley and serve warm.