



B o u i l l a b a i s s e (F r e n c h S e a f o o d S t e w)



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 .