

Treasure Barrel

Bouillabaisse Seafood Stew: Classic French Fish Recipe

25 min Prep time	**35 min** Cook time	**1 h** Total time
6 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

For the Broth Base

- [ ] 3 tablespoons olive oil
- [ ] 1 large fennel bulb, thinly sliced
- [ ] 1 large onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 2 tablespoons tomato paste
- [ ] 1 (28-ounce) can crushed tomatoes
- [ ] 4 cups fish stock
- [ ] 1 cup dry white wine (or additional fish stock)
- [ ] 1 teaspoon saffron threads
- [ ] 1 bay leaf
- [ ] 1 teaspoon dried thyme
- [ ] Strip of orange zest (2 inches long)
- [ ] Salt and freshly ground black pepper

Seafood Selection

- [ ] 1 ½ pounds mixed firm white fish (cod, halibut, sea bass), cut into 2-inch chunks
- [ ] 1 pound mussels, scrubbed and debearded
- [ ] ½ pound large shrimp, peeled and deveined
- [ ] ½ pound scallops
- [ ] ¼ cup fresh parsley, chopped
- [ ] 2 tablespoons fresh basil, chopped

For Serving

- [ ] Crusty baguette, sliced
- [ ] Extra virgin olive oil for drizzling
- [ ] Lemon wedges

Instructions

1. Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add the fennel and onion and cook, stirring occasionally, until softened about 8 minutes. Add the garlic and cook for another minute until fragrant. Stir in the tomato paste and cook for 2 minutes until it darkens slightly.

2. Add the crushed tomatoes, fish stock, wine (if using), saffron, bay leaf, thyme, and orange zest. Bring to a boil, then reduce heat and simmer uncovered for 20 minutes to allow the flavors to meld and the broth to reduce slightly. Season with salt and pepper to taste.

3. Add the firm fish pieces and simmer for 4 minutes. Then add the scallops and cook for 2 minutes. Finally, add the shrimp and mussels, cover the pot, and cook for 4-5 minutes until the mussels have opened and the shrimp are pink and cooked through. Discard any mussels that don't open.

4. Remove the bay leaf and orange zest. Stir in the fresh parsley and basil. Taste and adjust seasoning if needed. If you're looking for other simple supper ideas, this stew fits perfectly into that category.

5 Ladle the stew into warm bowls, making sure each serving gets a variety of seafood. Drizzle with extra virgin olive oil and serve immediately with crusty bread and lemon wedges. The bread is essential for soaking up every last drop of that incredible broth.

Nutrition per serving

320 kcal	35 g	15 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure all seafood is patted dry before adding to the pot to prevent watering down the broth
- Don't overcrowd the pot—cook in batches if necessary for the best texture
- The broth can be made ahead and refrigerated for up to 2 days before adding seafood
- Fresh herbs added at the end make all the difference—don't skip them