

Choco Fever Dream

Bouillabaisse Seafood Stew Recipe

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Seafood

- [ ] 1 lb firm white fish fillets, cut into chunks
- [ ] 12 mussels, scrubbed and debearded
- [ ] 8 large shrimp, peeled and deveined
- [ ] 6 oz clams, rinsed

Broth

- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 large onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 fennel bulb, thinly sliced
- [ ] 4 ripe tomatoes, diced
- [ ] 1 cup dry white wine (optional, keep low-alcohol)
- [ ] 4 cups fish stock or water
- [ ] 1 pinch saffron threads, steeped in 2 tbsp warm water
- [ ] 1 tsp smoked paprika

Herbs & Aromatics

- [ ] 1 bay leaf
- [ ] 2 sprigs fresh thyme
- [ ] 1 orange, zest only
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat; add onion, garlic, and fennel, cooking until softened and fragrant, about 5 minutes.
2. Stir in the diced tomatoes and smoked paprika; let them break down, releasing their juices for another 4 minutes.
3. If using, pour in the white wine, allowing it to reduce by half, then add the fish stock, saffron infusion, bay leaf, thyme, and orange zest. Bring to a gentle simmer.
4. Add the fish chunks first; cook for about 5 minutes, then gently nestle the mussels, clams, and shrimp into the broth.
5. Cover and let steam for 4-6 minutes, until shells open and the shrimp turn pink. Discard any mussels that stay closed.
6. Season with salt and pepper, remove the bay leaf, and ladle the steaming broth into bowls, offering crusty bread on the side.

Nutrition per serving

420 kcal	45 g	18 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the broth tastes too salty, add a splash of water and stir gently.
- A quick splash of lemon juice at the end brightens the flavors.
- For extra depth, stir in a tablespoon of tomato paste when sautéing the aromatics.