

Authentic Bouillabaisse Recipe: Impress Your Guests with Ease

Bouillabaisse: A Taste of the Mediterranean Sea



TIME
2-3 min

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INGREDIENTS

- 1 pound firm white fish fillets (like cod or halibut), cut into 1-2 inch chunks
- 1 pound shrimp, peeled and deveined
- 1/2 pound mussels, cleaned and debearded
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 large tomato, chopped
- 4 cups fish stock (or vegetable broth)
- 1/2 teaspoon saffron threads
- 1 teaspoon dried thyme
- 2 bay leaves
- Salt and pepper to taste
- 1/4 cup olive oil
- Fresh parsley, chopped (for garnish)
- Crusty bread (for serving)

DIRECTIONS

1. Let's make this delightful : Bouillabaisse:
2. SautØ Aromatics: In a large, heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat. Add the diced onion and minced garlic. Cook, stirring occasionally, until the onion is soft and translucent, about 5-7 minutes.
3. Add : Tomato: Stir in the chopped tomato and cook for another 2-3 minutes until it begins to break down and release its juices.
4. Build the : Broth: Pour in the fish stock (or vegetable broth). Add the saffron threads, dried thyme, bay leaves, salt, and pepper to taste. Bring the mixture to a gentle simmer. Let it simmer uncovered for about 10-15 minutes to allow the flavors to meld.
5. Add : Fish: Once the broth is simmering gently, add the fish chunks to the pot. Cook for about 5 minutes, or until the fish begins to turn opaque.
6. Add : Shrimp & Mussels: Next, add the shrimp (peeled and deveined) and the cleaned and debearded mussels to the pot.
7. Cook : Seafood: Continue to cook for another 3-4 minutes, or until the shrimp are pink and cooked through, and all the mussels have opened. Discard any mussels that do not open.
8. Finish & : Serve: Carefully remove the bay leaves from the pot. Ladle the hot bouillabaisse into individual bowls. Garnish generously with fresh chopped parsley. Serve immediately with plenty of crusty bread on the side for dipping into the flavorful broth.

SWAPS & NOTES

Fish: Feel free to use other firm white fish like snapper, snapper, or even monkfish.

Avoid very flaky fish that might fall apart easily.

A mix of fish types adds complexity.

Seafood Variety: This recipe is very flexible!

TIPS FOR SUCCESS

Fresh Seafood: The quality of your seafood will directly impact the flavor of your bouillabaisse.

Use the freshest fish, shrimp, and mussels you can find.

Don't Overcook Seafood: Seafood cooks very quickly.

Pay close attention to cooking times to ensure your fish, shrimp, and mussels remain tender and juicy, not rubbery.

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