

Authentic Bouillabaisse Recipe - Traditional French Fisherman's Soup

Few dishes capture the spirit of coastal French cooking quite like

TIME
40 min

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INGREDIENTS

1 kg mixed fish (such as cod and sea bass), cut into chunks
500 g mussels and shrimp
1 onion, chopped
2 tomatoes, chopped
2 garlic cloves, minced
1 liter fish stock
1 pinch saffron
1 tsp fresh thyme (or $\frac{1}{2}$ tsp dried thyme)
1 bay leaf
2 tbsp olive oil

DIRECTIONS

1. Saut  the Aromatics: Heat olive oil in a large pot over medium heat. Add the chopped onion, minced garlic, and chopped tomatoes. Cook until softened and fragrant.
2. Build the Broth: Pour in the fish stock and stir in the saffron, thyme, and bay leaf.
3. Bring the mixture to a gentle simmer and cook for about 15 minutes to develop flavor.
4. Add the Seafood: Carefully place the fish chunks, shrimp, and mussels into the simmering broth.
5. Cook Gently: Let the seafood cook for 5 to 7 minutes, just until:
6. The fish becomes tender
7. The shrimp turn pink
8. The mussels open
9. Avoid overcooking to keep the seafood tender.
10. Serve: Remove the bay leaf and ladle the bouillabaisse into bowls.
11. Traditionally, it's served with garlic-rubbed croutons and rouille sauce for dipping.

SWAPS & NOTES

Bouillabaisse is traditionally made with Mediterranean fish varieties, but you can easily adapt it depending on availability.

Fish Options Cod Sea bass Snapper Halibut Firm white fish works best because it holds its shape during cooking.

Shellfish Variations Mussels Shrimp Clams Scallops Using a mix of seafood gives the broth deeper flavor.

Saffron Substitute Saffron is traditional and gives bouillabaisse its golden color, but if you don't have it, a small pinch of turmeric can provide color (though the flavor will differ slightly).

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Original recipe: <https://chefmaniac.com/authentic-bouillabaisse-recipe-traditional-french-fishermans-soup/>