

## Bouillabaisse

<http://userealbutter.com/2008/12/25/bouillabaisse-fish-stew-soup-recipe/>

*Dad's version*

1 medium onion, diced  
4 cloves garlic, minced  
1/2 cup butter  
1/2 tsp saffron threads, ground  
1 quart fish stock or clam juice  
2-3 cups chicken broth  
1 bottle (750 ml) white wine (bordeaux)  
2 bay leaves  
2 sprigs of thyme (or 1/2 tsp dried thyme)  
2 sprigs fresh parsley  
14 oz. can whole stewed tomatoes, drained and deseeded (I didn't use in this recipe)  
1 piece per person skinless, boneless white fish (sea bass, grouper, orange roughy, cod, or halibut), ~ size of a credit card  
1 piece per person skinless, boneless red fish (red snapper, mahi mahi, striped bass), ~ size of a credit card  
2 med-large shrimp per person, shell cut along the back and deveined (leave shell on)  
3-4 small clams per person, in shell  
4 mussels per person, in shell  
2 pieces of lobster per person, in shell (assume 4 pieces per 1 pound lobster tail)  
1 large scallop per person  
salt to taste

Sauté onions and garlic in butter until translucent. Add saffron and stir until uniformly golden. Pour in wine, fish stock, and chicken broth. Place bay leaves, thyme, and parsley in a small cheesecloth sack and tie closed. Add this bouquet garni to the pot of soup. Bring soup to a boil. Add tomatoes (optional). [Optional step: let soup cool and refrigerate for a day.] Strain the onions, garlic, and bouquet garni out of the soup right before using (optional).

Bring a pot of water to a boil and add the mussels and clams. When the bivalves open their shells, remove from boiling water immediately. Drain off any excess liquid. Bring the soup to a boil in a large pot. Place shrimp and lobster in boiling soup. When shrimp is pink and just underdone, remove from soup (about 2 minutes). When lobster turns red and meat is just underdone, remove from soup (about 3-4 minutes, depending on size). If whole lobster, remove the head and cut the tail into quarters. Leave in shell. Place fish in a sieve or basket and immerse in the boiling soup until just cooked. Remove from soup. Repeat the same cooking process with the scallops. When all seafood is cooked, add salt to taste to the soup.

Distribute the seafood among the serving bowls. Ladle hot soup over each bowl. Serve with good french bread and wine. Theoretically serves 8.