

## **A SIMPLE BOUILLABAISSE**

*(adapted from several sources)*

3 pounds of mild fish, cut into large pieces (I used cod and red snapper)  
1 pound large shrimp, peeled and de-veined  
1 pound clams  
1/4 cup olive oil  
1/2 cup thinly sliced onions (I omitted)  
1 fennel bulb, very thinly sliced  
1 can stewed tomatoes  
1 bay leaf  
1/2 tsp saffron threads  
2 tsp salt or more to taste  
1 cup shrimp stock (made with shrimp shells, lemon and onions)  
1 cup clam juice (store-bought)  
fresh thyme  
orange zest and a bit of juice  
parsley leaves, minced

Make the shrimp stock. In a sauce pan, add the shells, cover with water, juice of half a lemon and half an onion. Bring to a boil, then reduce heat and simmer for 30 minutes. Drain, reserve the liquid to use in the bouillabaisse. In a small bowl, mix a couple of tablespoons of the shrimp stock with the strands of saffron, rubbing them between your fingers to release the oils. Reserve.

Heat the olive oil in a large pot on medium high heat. When the oil is hot, add the onions and fennel. Stir to coat the vegetables with the olive oil. Cook on medium heat until softened and fragrant, about 10 minutes. Do not let it brown. Add the tomatoes, bay leaf, thyme, the saffron infused shrimp stock, salt, orange zest and juice. Simmer gently for 10 more minutes.

Add the pieces of fish, the shrimp, the reserved shrimp stock and the clam juice. Bring to a gentle boil, add parsley, simmer covered for 5 minutes. Add the clams, cook for 10 minutes or so until they open and are cooked through. Keep the heat at a very gentle level. Remove bay leaf before serving, adjust seasoning.