



FRANCE

DINNER

PRINTABLE RECIPE PDF

French Bouillabaisse

Bouillabaisse is a traditional fish stew originating from the port city of Marseille in Provence. Historically, it was a humble fisherman's dish made with

PREP

20 min

COOK

30 min

SERVINGS

2

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 200 g white fish fillet - such as cod or haddock
- 100 g mussels - cleaned and debearded
- 100 g shrimp - peeled and deveined
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 1 medium tomato - chopped
- 500 ml fish stock - or water
- 1 teaspoon saffron threads - soaked in a little hot water
- 1 teaspoon dried thyme - or fresh if available
- 2 tablespoon olive oil - for cooking
- 1 loaf crusty bread - for serving
- to taste salt - for seasoning
- to taste black pepper - for seasoning

WHY THIS WORKS

About this recipe

A printable French Bouillabaisse recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Bouillabaisse is a traditional fish stew originating from the port city of Marseille in Provence. Historically, it was a humble fisherman's dish made with the catch of the day, flavored with herbs and served with a rich sauce

ORIGIN & TRADITION

Mediterranean context

Bouillabaisse is a traditional fish stew originating from the port city of Marseille in Provence. Historically, it was a humble fisherman's dish made with the catch of the day, flavored with herbs and served with a rich sauce known as rouille. Today, it is celebrated as a gourmet dish that embodies the flavors of the Mediterranean coast.

METHOD

Step-by-step instructions

1

In a large pot, heat the olive oil over medium heat. Add the chopped onion and sauté until translucent, about 5 minutes.

2

Add the minced garlic and chopped tomato, cooking for another 2-3 minutes until the tomatoes begin to soften.

3

Pour in the fish stock and bring to a simmer. Add the saffron, thyme, salt, and pepper, and let the broth simmer for 10 minutes to develop the flavors.

4

Add the white fish fillet, mussels, and shrimp to the pot. Cover and cook for about 5-7 minutes, or until the mussels have opened and the fish is cooked through.

5

Taste and adjust seasoning if necessary. Serve hot with crusty bread on the side.

CHEF'S TIP

To enhance the flavor, allow the bouillabaisse to rest off the heat for a few minutes before serving; this will help the flavors meld beautifully.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	10 g
Protein	30 g	Fiber	2 g
Carbohydrates	35 g	Sodium	800 mg

SERVING SUGGESTION

Traditionally served with a slice of crusty bread spread with rouille, a garlic mayonnaise, and a sprinkle of fresh herbs.

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