

## **"Bouillabaisse"**

**2 lbs. fin fish (snapper, haddock, flounder, trout, etc)**  
**1/2 to 1 lb. shrimp, lobster, scallops, crab meat or combination**  
**18 small clams, mussels, oysters or lobster claws (in shell)**  
**1/4 cup olive oil**  
**1 large onion, finely chopped**  
**2 shallots, minced**  
**4 cloves garlic, minced**  
**2 cups fish stock, clam juice or chicken broth**  
**1-13oz can tomatoes with liquid**  
**2 tsp. salt**  
**Dash cayenne**  
**1/2 tsp. each thyme, basil and saffron**  
**Chopped parsley (optional)**



Cut fish into bite size pieces. Shell shrimp, lobster or crab if desired. (Traditionalists prefer to leave the shells on during cooking. They believe it gives the stew a better flavor.) Scrub clams, mussels, oysters or lobster claws well. Heat oil. Saute onions, shallots and garlic about 10 minutes. Add liquid, tomatoes and seasonings, except parsley. Lower heat and simmer 15 minutes. Add all seafood. Cover and cook 10 minutes. Discard any clams that haven't opened. Serve in large bowls, sprinkled with parsley. Serves 6.

***Author unknown***