

French-Style Bouillasse

French-Style Bouillabaisse for two...

3-4 cups homemade seafood stock

2 tablespoons EVOO

1 chopped leek light white and light green parts

1 green stalk from a fennel bulb, finely minced and several little branches of the fronds

1/2 cup diced onions

3 fat cloves minced garlic

large pinch of saffron threads

3 each fresh parsley and thyme sprigs

1/4 cup red or white wine

1 small sprig tarragon

*Optional 1/4 teaspoon Herbes de Provence

1 large ripe heirloom tomato, large diced

1/2-1 cup crushed or chopped tomatoes,

Salt and pepper to taste

pinches of red pepper flakes or a pinch of cayenne pepper

Enough fresh shrimp for two

1 chunk of Mahi-Mahi cut into 3-inch chunks

6 fresh local sea scallops

8 fresh mussels, or 1 pre-cooked a 1 lb. package of frozen garlic butter mussels, they were really good following the instructions 2-3 minutes in the

microwave on high and simply placing them in each bowl before serving the full-on bouillabaisse over the top of the mussels.

*Optional 6 fresh clams

*follow recommendation below to open your fresh shellfish

Serve with rouille over toasted bread or I make garlic and roasted pepper baguette.

Because it was sitting there, I cooked from start to finish in the Instant Pot, but all the while used the sauté and keep warm settings. The sauté is set on medium to sauté the onions, leek, fennel adding garlic last of course for a minute and then tossing in saffron and wine/red or white to deglaze the pot for a minute.

Add the 1/4-1/2 teaspoon, Herbes de Provence, fresh tarragon, 1 large ripe heirloom tomato, large diced, 1/2-1 cup crushed or chopped tomatoes, salt, and pepper to taste, red pepper flakes, simmer until piping hot...now the fish and seafood selections take different times to cook no matter your choices and tonight since I pre-cooked the mussels it was a matter of yes the fish cubes dove in first, then the shrimp followed by the scallops, serve piping hot all ladled into the bowl of warm mussels, garnish with minced parsley or a bit of fresh tarragon.

Recommendation to ensure shellfish open, place them in a small sauté pan with some of the sauce from the pot, cover and gently steam open.

