

Thai Bouillabaisse

Ingredients

3 tbsp canola oil
1 cup diced shallots (5-6 large)
4 lg cloves garlic, minced
2 tbsp minced fresh ginger
1 5 inch pc lemongrass, cut into 3/4 inch pieces, or zest 1 lime
1-2 small chile peppers, seeded & thinly sliced
3 tbsp all-purpose flour
4 cups reduced sodium chicken broth
4 cups fish or seafood stock
1 lb cod, cut into 2 inch pieces
1 lb raw shrimp, peeled & cut into 1 inch pieces
8 oz dry sea scallops, cut in half
15 mussels
10 large shiitake mushroom caps, cut into 1 inch pieces
Juice of 1 large lime
1 ripe avocado, peeled & diced
1/4 cup fresh cilantro leaves

Directions

Heat oil in a large heavy casserole or dutch oven over medium heat. Add shallots, garlic, ginger, lemongrass, and chile pepper to taste. Cook, stirring, until very soft, 3-4 minutes. Add flour, stir well to combine. Add chicken broth and stock. Bring to a simmer; reduce heat and gently simmer for 15 minutes.

Carefully submerge fish, shrimp, scallops, mussels and mushrooms in the broth. Return to a gentle simmer and cook until just cooked through, 3-4 minutes. Remove the pot from heat and stir in lime juice. Serve garnished with avocado and cilantro.

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