

**A delicious bouillabaisse bubbling over with Mississippi Gulf Shrimp, Mississippi Gulf Oysters, Mississippi Gulf Blue Crab claws, Mississippi Gulf white fish served with French bread medallions.**

#### TIME

90 minutes

#### SERVES

4

#### SEASON

spring, summer, fall, winter

#### METHOD

Stovetop

#### INGREDIENTS

##### Stock

- 4 cups water
- 3 stalks celery, with tops, chopped
- 1 medium onion, cut in wedges
- 2 cloves garlic
- 1 lemon, cut in wedges
- 1 tsp salt
- 1 bay leaf
- 1 tsp black peppercorns
- 3 sprigs fresh thyme
- 2 fresh basil leaves
- 4 sprigs fresh parsley, with stems
- 2 tomatoes, cut into wedges
- 8 oz white fish bones
- 2 cups shrimp shells

##### Bouillabaisse

- 10 oz firm Mississippi Gulf white fish fillet (Wahoo), cut into 1-inch pieces
- 8 jumbo Mississippi Gulf Shrimp, deveined, tail on
- 1 pint Mississippi Gulf Oysters
- 24 Mississippi Gulf Blue Crab Claws
- 1 1/2 cups skim milk
- 2 tbsp olive oil
- 2 onions, sliced
- 1 leek, chopped
- 1 fennel, chopped
- 1 stalk celery, chopped
- 1 14.5-oz can diced tomatoes
- 1/2 tsp fennel seeds
- 3 sprigs fresh thyme

- 1/2 tsp dried tarragon
- pinch of crushed saffron threads
- 1/4 bunch parsley, chopped
- 1/8 tsp cayenne pepper
- salt, to taste
- 3/4 cup sweet cooking rice wine
- 8 oz low-sodium vegetable juice
- 4 cups seafood stock
- 1 cup oyster liquor
- fresh cracked pepper, to taste

#### DIRECTIONS

1. Put all stock ingredients into a stockpot and bring to a boil.
2. Reduce heat and simmer 15 minutes.
3. Strain, reserving the stock.
4. For the bouillabaisse, soak fish fillets in cold milk for 15 minutes.
5. Heat a large skillet over medium heat and add olive oil.
6. Add onion, leeks, fennel, celery and garlic, and sauté 5 minutes, stirring occasionally.
7. Add tomato, fennel seeds, thyme, tarragon, saffron threads, parsley, cayenne pepper and salt, and cook 1 minute.
8. Add cooking wine and simmer 5 minutes.
9. Add vegetable juice, oyster liquor, seafood stock and black pepper, and bring to a boil; then reduce heat and simmer 15 minutes.
10. Drain Mississippi Gulf white fish and add to stockpot along with Mississippi Gulf Shrimp and Mississippi Gulf Oysters, then let cook 4 minutes.
11. Carefully add Mississippi Gulf Blue Crab claws and cook for two minutes.
12. Serve garnished with fresh herbs.

Serving Suggestion: Serve with buttered and toasted French bread rounds as croutons. Garnish with fennel fronds.