

Seafood chowder, pastis and fresh cilantro

Recette pour 4 personnes

Description Comforting soup containing mussels, shrimp, squid and potatoes. The anise aromas of coriander and Pastis are complementary to those of seafood.

L'idée déco Do not overcook the seafood so they will preserve their tenderness.

Ingrédients

For the Chowder

- 1 Kg Fresh mussels
 - 100 Gr Squid
 - 1 Unit(s) Onion
 - 200 Gr Yukon gold potatoes
 - 100 Gr Peeled medium shrimps
 - 100 Ml 35% cooking cream
 - 2 Sprig(s) Thyme
 - 40 Ml Olive oil
 - 1 Liter(s) Fish stock
 - 1 Pinch(es) Saffron
 - 5 Sprig(s) Fresh cilantro
 - 100 Ml Pastis
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- Vegetable oil
 - Salt and pepper

Préparations

Temps de préparation **30 mins**

General preparation

Scrape and wash the mussels. Prepare and finely chop the squid. Chop the onions. Peel and cut the potatoes into chunks.

For the mussels

In a large saucepan, pour a little oil and sweat the chopped onion. Add the mussels and pour the pastis. Cook covered until the mussels open. Remove the mussels from their shells and strain the cooking juices.

For the Chowder

Place the pieces of potato in the fish stock, add the thyme. Bring to a boil and cook for about 15-20 minutes. Add the mussel cooking juices, and mix everything with a hand mixer. Season with salt and pepper and add the saffron, squid and shrimp. Bring to a boil. Add the mussels and cream.

To serve

Pour the soup into a bowl and garnish with a few leaves of fresh coriandes.

Bon appétit!