

Seafood Soup

Serves Six



Steps

1. Start with the seafood stock: In a medium-size pot combine water, shrimp shells, onion (with the skin!), carrot and celery chunks, garlic, bay leaf, salt, pepper and parsley. Bring mixture to a rolling boil over high heat, then kick it back to a simmer. Continue cooking for 30 minutes. Strain the mixture discarding the veggies and shrimp shells.
2. In a medium-sized bowl combine the shelled, deveined shrimp and white fish chunks with lemon zest, lemon juice, garlic, olive oil, smoked paprika, salt and pepper. Stir to combine. Refrigerate until you are ready to add them to the soup.
3. In a large soup pot begin sauteing the onions and garlic in olive oil over medium-high heat. Stir insuring onions do not burn. Cook for about five minutes or until the onions are translucent. Add the chorizo slices and slightly brown them. Then add the carrots and celery and continue cooking for another 5 minutes. Add the tomato paste and anchovy paste before lowering the heat to medium-low and add the diced tomatoes and their juice, chicken stock, the strained seafood stock, a bay leaf, and salt and pepper. Simmer the soup for 30 minutes. Taste for seasoning.
4. Add the shrimp, fish, mussels, and clams to the soup. Stirring carefully making sure not to break up the fish pieces. Put the lid on the pot and allow the seafood to cook/steam for 5 minutes on medium heat. Once the mussels and clams are open, the soup is ready to eat. (Discard any mussels or clams that do not open once cooked). Top the soup with fresh lemon juice and parsley and serve hot.

Ingredients for the Seafood Stock

- 1 quart water
- Shells from 1 pound of shrimp
- ½ large brown onion, skin on
- 2 stalks celery, cut into chunks
- 2 carrots, cut into chunks
- 1 bay leaf
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- Handful of fresh parsley leaves

Ingredients for the Seafood Soup

- 1 pound shrimp, shells removed, deveined
- 1 pound firm white fish (I use sea bass), cut into chunks
- Zest from one lemon
- Juice from one lemon
- 1 clove garlic, minced
- 2 tablespoons olive oil
- ½ teaspoons smoked paprika
- ¼ teaspoon kosher salt
- A couple pinches freshly ground black pepper
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- 2 tablespoons olive oil
- 2 cloves garlic, chopped
- ½ large brown onion, chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 2 links (6 ounces) chorizo sausage, sliced **I used cooked chicken chorizo*
- 2 tablespoons tomato paste
- 1 teaspoon anchovy paste
- 1 can petite diced tomatoes (with juice)
- 1 quart good-quality chicken stock
- Seafood stock (from above), strained
- 1 bay leaf
- 1 pound mussels, beards removed and scrubbed
- 1 pound clams, scrubbed
- ¼ cup fresh lemon juice
- handful of fresh Italian parsley, chopped fine