Italian Shrimp and Mussel Soup

Italian Shrimp and Mussel Soup – zuppa di cozze e gamberetto

Easy 4 Servings 55 min.



With fruity tomatoes, herbs, and crispy pan-seared shrimp: this Italian mussel soup is a taste of the sea. Without the mussel shells, the soup is even easier to eat. Gustosissimo!

By the way, the name “Miesmuschel” comes from the Middle High German word “Mies,” meaning “moss”—because mussels cover the seabed like a carpet, just like moss. Did you know that?

Ingredients

1 kg of mussels

4 large shrimp

1 package ORO di Parma chunky tomatoes (400 g each)

3 tbsp ORO di Parma tomato paste with seasoned vegetables

3 sprigs of thyme

350 ml white wine (or fish stock)

3 onions (about 175 g)

3 garlic cloves

1 large fennel bulb (about 350 g)

5 tbsp olive oil

1 packet of saffron threads (0.1 g)

3 bay leaves

3 sprigs of parsley

½ lemon

Salt and freshly ground pepper

Used products:



Step 1: The Clams

First, wash the mussels thoroughly under cold running water. Heat the olive oil and add 1 kg of mussels. Add 200 ml of white wine and thyme, then cook the mussels for about 7 minutes, until they've all opened. Meanwhile, finely dice the fennel. Then remove the mussels, let the cooking liquid cool, and reserve it.

Step 2: The Soup

Sauté the onions, garlic, and fennel in olive oil. Add 150 ml of white wine, the reserved cooking liquid, and saffron. Bring the soup to a boil, then add the chopped tomatoes. Next, stir in the rich ORO di Parma tomato paste along with the seasoning vegetables and bay leaves, and let it simmer over medium heat for 15 minutes. Then add the mussel meat and parsley, and season the soup with salt and pepper to taste—cosí buono!

Step 3: The Shrimp

Sauté the shrimp in a pan with lemon slices, garlic, and thyme in olive oil, and serve them with the soup.

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