

EUROPE

MEDITERRANEAN-STYLE BOUILLABAISSE

Ingredients (For 8 people)

- Approximately 4 kg of fish and seafood (scorpion fish, weever, gurnard, monkfish, green crab, sea bass, John Dory, red mullet or red gurnard, conger or whiting, sea bream)
- Salt, pepper, 1 cup olive oil
- 3 minced onions
- 4 crushed cloves of garlic
- 5 blanched tomatoes chopped into a brunoise
- 2 minced fennels
- 1 sprig thyme
- 1 bunch of parsley, chopped
- 1 bay leaf
- Zest of 1 organic orange
- 4 dl fish stock
- 1 tsp saffron
- 30 g tomato concentrate
- 16 Château potatoes

Preparation:

Remove the scales from the fish and clean them.

Cut them into segments and place them in two dishes according to firmness. On one side, the types of fish that remain firm when cooked: Scorpion fish, weever, gurnard, monkfish and crab. On the other side, the tender fish such as sea bass, John Dory, conger or whiting, sea bream and green crab.

Sauté the fish in a large cooking pot over low heat with the olive oil, onions, garlic, tomatoes, thyme, fennel, parsley, bay leaf and orange zest. Deglaze with 3 dl dry white wine.

Place the firm fish in the pot and cover with the fish stock. Season with salt, pepper and saffron. Then add the tomato concentrate. Boil over high heat for 5 minutes.

Then add the tender fish, cover with the fish stock, and boil over high heat for 5 minutes.

Remove from heat and set the fish aside.

Cook the Château potatoes in the reserved stock. Return the fish to the stock and serve very hot with croutons and rouille.

