



# Bouillabaisse (Mediterranean Fish Soup)

## INGREDIENTS

### Fish Stock

- 1 leek (washed)
- 1 onion
- 1 bulb fennel
- 1 bunch parsley stalks
- 2 small tomatoes
- 2 bay leaves
- ¼ tsp fennel seeds
- 1 star anise
- 6 peppercorns
- 5 whole fish bones & trimmings (heads, bones, tail)
- 50ml dry white wine
- Water to cover

### Bouillabaisse

- ½ onion, chopped
- 1 tomato, chopped
- 1 large garlic clove, minced
- 1 potato, diced
- 1 pinch saffron threads, crushed
- ½ lemon
- Bouquet garni (2 sprigs thyme, 1 bay leaf, Parsley stalks or any combination of fresh herbs)
- 1 tbsp tomato paste
- 10g parsley for garnish
- 75ml dry white wine
- Salt
- Olive oil
- 4 prawns, 4 mussels, 1 calamari, 1 baby octopus, 1 medium snapper filet
- 700ml fish stock



Serves: 2



Prep Time: 35 min



Cooking Time: 15 min

## METHOD

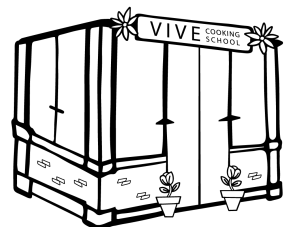
### Fish Stock

1. Roughly chop all vegetables nice and chunky.
2. In a large stockpot on medium heat warm through the fish bones. Add the rest of the ingredients (except water) and continue to warm through.
3. Add enough cold water to cover and place back on the stove top on high heat.
4. Bring to a boil. Then turn the heat to low, and simmer for 25-30 minutes to infuse the flavours. Remember to skim the stock to remove impurities.
5. Strain the soup into another large pot. Reserve 700ml fish stock and cool the remaining stock before freezing for later use.



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## Bouillabaisse

1. In a large saucepan, sweat out onion and garlic in a little bit of oil. Add potatoes and sweat again for another 2-3 minutes. Then add tomatoes and tomato paste. Cook the paste for 1 minute to remove the sour tomato flavour. Deglaze with white wine. Add saffron threads, bouquet garni, fish stock and season to taste.
2. Cook the seafood, adding in the items that require the most cooking time first. If you have whole lobster tails or large crab claws, add them in first and give them a 2-minute head start. Mussels next, then the calamari and baby octopus, lastly, the fish and prawns. You want to be careful not to overcook the seafood, so 4-5 minutes max then turn off the heat. Check and adjust seasoning to taste.
3. Ladle bouillabaisse into each bowl with the seafood and garnish with parsley. Serve hot with bread.



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