

Bouillabaisse

(French Provencal seafood stew)

Servings: 6-8

Ingredients:

Soup

Oil, olive 1/4 c
Onion chopped 1 ea
Celery chopped 2 ribs
Garlic crushed 4 cloves
Fish bones 2-3 lbs
Water 2 Q
White wine (opt.) 1 c
Tomatoes chopped 1 lb
Orange peel no pith 1 piece, about 2-3" long
Parsley 6-8 sprigs
Bay leaf 1 ea
Thyme, fresh or dry 2 sprigs or 1 t
Fennel bulb, or dried fennel seed (opt.) chopped 1 bulb or 1 t
Saffron (opt.) 1 pinch
Salt 2 t
Peppercorns 6-8 ea
Fish & seafood 5-6 lbs

Rouille

Pepper, red bell roasted, peeled, seeded 1 ea
Potato cooked, peeled 1 ea
Pepper, hot chile seeded, minced 1 ea
Garlic crushed 4 cloves
Basil, fresh chopped 2 T
Broth from above 1/4 to 1/3 c
Salt & pepper to taste
Oil, olive 1/4 c
French bread sliced, toasted 2-3 pcs per person

Directions:

In a large pot or Dutch oven, heat the olive oil over a medium flame.
Add the onions and celery, and sauté slowly till onions are wilted and translucent.
Add the second set of ingredients and bring to a simmer.
Simmer for 30-40 minutes.
Strain the broth, and adjust seasoning.
(Recipe can be prepared up to this point and the broth kept in the fridge till needed.)
Meanwhile make the rouille.
Puree the first set of ingredients, using just a little of the broth,
in a blender or food processor.
With the blender or processor running, gradually pour in the olive oil.

Thin out the sauce a little with the rest of the broth.

Sauce should remain thick, however.

Place in a sauce boat or small bowl.

Bring the broth to a simmer again over medium heat.

Add the fish and seafood in batches, starting with the firmest fish first and ending with the most delicate seafood.

Simmer until all the fish and seafood is cooked through, about 10 minutes.

Place the toasted bread in the bottom of each individual's bowl.

Place a piece of each of the types of fish and seafood over the bread in each bowl, and spoon the broth over all.

Pass rouille at the table for each guest to stir into the bouillabaisse.