

Bouillabaisse Marsaillaise

Fish stew specialty of Marseille, served with Sauce Rouille and garlic bread
(Serves 8)

Entree

Ingredients:

- 1 lb red mullet, scaled, fined and cut into slices across the bone
- 1 lb monkfish, filleted
- 1 small sea bream, filleted and bones removed
- 1 lb conger eel, cut in slices

Marinade

- ¼ cup olive oil
- 2 garlic cloves, finely chopped
- pinch of saffron
- 1 medium carrot, cut into 2" julienne
- 1 medium fennel, cut into 2" julienne
- 1 large leek, cut into 2" julienne

Fish Stock

- 1 small leek, sliced thinly
- 1 small celery stalk, sliced thinly
- 1 small onion, sliced thinly
- 1 small fennel
- 2 garlic cloves
- ¼ cup olive oil
- fish bones, from the preparation of the fish
- 2 tsp tomato paste
- 2 cups white wine
- a pinch of saffron
- 2 sprigs thyme
- 1 bay leaf
- 4 sprigs parsley



Garlic Croutons

- 24 thin slices of French bread
- 3 garlic cloves
- ½ cup olive oil

Rouille Sauce

- 1 egg yolk
- 1 tsp tomato paste
- 3 garlic cloves, crushed into a paste
- pinch of saffron
- 1 cup olive oil
- 1 medium baked potato

Preparation:

- Place the fish in a bowl and toss with the garlic, olive oil saffron and vegetables. Season and set aside. In a large stock pot, heat the olive oil over high heat then add the fish bones and cook for 3 minutes.
- Add the vegetables then add the tomato paste and cook. Add the wine and cook for 5 min. Finally add 1 lt of water, saffron, thyme, bay leaf and parsley, and leave to simmer for 10 minutes. Strain through a fine sieve, pressing with a ladle to extract as much juice as possible. Place the strained soup back on the heat and simmer, skimming if necessary.

For the Rouille

- Whisk the egg yolk, tomato paste, garlic, saffron, salt and pepper. Continue to whisk while slowly pouring the olive oil into the mixture. Press the baked potato through a sieve and whisk in to the sauce.

For the Croutons

- Lightly toast the french bread on both sides. Rub with the peeled garlic on both sides.

For the Bouillabaisse

- Place the fish fillets in a large pot. Pour the hot fish stock over the fish pieces and simmer until the fish is cooked. Transfer the fish fillets to an earthenware dish along with the vegetables. Whisk some Rouille sauce into the fish soup. Pour the soup over the fish fillets and sprinkle with chopped basil. Serve with garlic croutons and Rouille sauce on the