

Bouillabaisse Maison

Our take on the classic fish stew from Marseille,
it's brimming with fish and flavour.

Prep time: 20 minutes
Cooking time: 35 minutes
Serves: 5

Ingredients for Bouillabaisse Sauce

700ml Fish stock
150ml Extra virgin olive oil
50g Celery
100g Fennel
500ml Cooking wine
3 Garlic cloves
1 Onion
0.15g Saffron
1 Bouquet garni
15g Fresh tarragon
2 Tablespoons of tomato purée
150g Plum tomatoes
100ml Vermouth
400g Whitebait

Mise En Place

Roughly chop garlic, onions and fennel.

Method

1. Sauté the fennel, onions, garlic, saffron and celery in the olive oil with a bouquet garni.
2. Add the tomato purée, plum tomatoes, vermouth, whitebait and fish stock.
3. Bring to the boil and let it simmer for 30 to 35 minutes.
4. With a whisk/blender mix everything together and then pass it through a sieve.

Ingredients for Bouillabaisse Maison

75 fillets Seabream
400g Mussels
60 King prawns



400g Clams
150g Smoked haddock
350g Coley
1 Lemon wedge
25g Flat leaf parsley
25g Tarragon
1L Bouillabaisse sauce
1 French baguette
Grated Gruyère cheese to finish

Method

1. Clean shellfish and dice fish into 3cm chunks – keeping seabream fillet whole
2. Place all the seafood into a pot with 1 litre of the Bouillabaisse sauce and lemon wedge.
3. Cover and cook until shellfish open and fish cooked through.

4. Finish with chopped parsley and tarragon.
5. Serve in a hot bowl with crusty bread and grated Gruyère cheese.

Chef's Tip

Make extra Bouillabaisse and use leftovers for a lovely fish soup.