

LEO TEATERO

Bouillabaisse



This recipe is just like making chicken soup, as it is a two-step process. First you are going to boil ingredients to make a broth, then you are going to make soup with the broth and fresh ingredients. You will also make a side sauce called rouille.

Ingredients for Broth

Imperial / Metric

- 2 leeks, white and light-green parts, plus dark-green leaves for bouquet garni
- 8 sprigs fresh tarragon
- 8 fresh sprigs flat-leaf parsley
- ½ tsp. / 3g coriander seeds
- ½ tsp. / 3g cumin seeds
- 1 can whole plum tomatoes (28 ounces)
- 2 tbsp. olive oil
- 4 small carrots, peeled, cut into 1/4-inch pieces
- 4 stalks celery, cut into 1/4-inch pieces
- 2 small onions, peeled, cut into 1/4-inch pieces
- 4 cloves garlic, peeled, minced
- 1 tsp. / 6g sweet paprika
- 8 sun-dried tomato halves (dry, not packed in oil)
- 1 tsp. saffron strands
- ½ tsp. / 3g turmeric
- 2 tsp. Harissa or any hot chili paste
- 6 dried fennel branches
- Peel from 3 oranges

Ingredients for Soup

3 lobsters (1½ pounds each / 750g each) or 40 large shrimp/ 20 prawns
3 pounds mussels / large bag scrubbed and beards trimmed
2 ½ tsp. / 17g salt
¼ tsp. / 3g of freshly ground black pepper
8 medium baking potatoes (about 2 pounds), peeled, cut into ¼ inch cubes
4 pounds total fish, such as halibut, red snapper, and monkfish, cut into 1 1/2-inch pieces, do not use oily fish. Avoid oily fish, halibut, red snapper, and monkfish are particularly good choices. Have the vendor remove heads and bones, but to reserve them for your stock.

Ingredients for the Rouille

3 tbsp. / 45 ml of water
¾ cup / 70 g of coarse fresh bread crumbs (preferably from a baguette, crust removed)
3 garlic cloves
½ tsp. / 3 g of coarse sea salt
½ tsp. / 3 g of cayenne
3 tbsp. / 45 ml of extra-virgin olive oil

Method

Remove gills and any traces of blood from fish heads. Thoroughly wash fish bones; cut them into lengths that will fit inside 12-quart stockpot. Set aside.

Cut leeks into quarters lengthwise; slice ¼ inch thick. Place in a small bowl of cold water; let soak 5 to 10 minutes to remove dirt and sand. Rinse, drain and set aside.

Make a bouquet garni by cutting the dark-green leek leaves into two 5-inch lengths. Arrange tarragon and parsley sprigs in center of one leaf. Place other leaf on top to enclose tarragon; tie one end with kitchen string. Set aside.

Roast seeds: Heat a small skillet over medium heat until very warm. Add coriander, fennel, and cumin seeds to warm skillet. Spices that have been heated will have an enhanced flavour. Cook, shaking then in the pan or stirring frequently, until toasted and fragrant, 3 minutes. Set aside as seeds cool in a bowl.

Strain the whole tomatoes over small bowl, reserving liquid. Remove seeds, if you can, place tomatoes in bowl with liquid. Set aside.

Heat oil in a 12-quart stockpot over medium heat; add reserved sliced leeks, carrots, celery, onions, garlic, and paprika. Cook until onions become translucent, about 5 minutes. Add reserved whole tomatoes and their liquid, sun-dried tomatoes, saffron, turmeric, Harissa, roasted coriander, fennel, and cumin seeds. Stir to combine.

Raise heat to high, add reserved fish heads and bones, and cook, stirring frequently, until bones are opaque, about 5 minutes. Add fennel branches, orange peel, and bouquet garni. Add water to just cover bones, about 4 quarts. Bring to a boil; skim foam from the surface. Reduce heat; simmer, uncovered, 25 minutes. Pour stock through a sieve into a large bowl; discard solids. Return liquid to pot.

Meanwhile make the rouille. By pouring water over bread crumbs in a bowl. Mash garlic to a paste with sea salt and cayenne using a mortar and pestle. Add moistened bread crumbs and mash into garlic paste. Add oil in a slow stream, mashing and stirring vigorously with pestle until combined well. If you don't have a mortar and pestle, use a large heavy knife to mince and mash the garlic. Transfer paste to a bowl and vigorously stir in bread with a fork. Add oil, stirring in same manner.

Meanwhile, place stockpot with stock over medium-high heat; bring to a boil. Reduce heat to simmer. Season with salt and pepper. Add potatoes; cook until just tender, about 20 minutes.

Then bring a large stockpot of cold water to a rolling boil. Quickly add lobsters/shrimp/ prawns cook about 12 / 6 / 8 minutes respectively. Remove pan from heat. Drain lobsters; submerge in cold water to stop cooking. Drain again.

Place 1 cup / 250 ml reserved stock in a large saucepan. Add 1 cup / 250 ml of water and bring to a boil; add mussels. Cover and cook until mussels open, 5 to 7 minutes. Remove from heat. Discard any mussels that do not open. Set aside the rest covered.

Add fish fillets to the main pot of stock and cook until opaque and cooked through, 3 to 5 minutes more. Remove tails and claws from lobsters (discard bodies or reserve for other use). Crack open claws and tail;/ remove shell for shrimps and prawns, add them and the mussels to pot; cook just long enough to warm.

Drizzled rouille and fresh herbs on top and serve with baguette or sour dough.