

BOUILLABAISSE BROTH INGREDIENTS:

- 1/4 cup olive oil
- 2 cups fennel, chopped
- 1 celery stalk, chopped
- 1 leek, white part, washed and chopped
- 1 onion, chopped
- 1 lb plum tomatoes, coarsely chopped
- 1 oz tomato paste
- 10 garlic cloves, peeled
- 6 pinches saffron threads
- 1 bay leaf
- 1 tsp coriander seeds
- 1 tsp star anise, whole
- 1 tbsp fennel seeds, toasted
- 1/4 tsp whole black peppercorns
- 6 lbs fish bones, heads off, bones washed
- 2 cups dry white wine
- 1 cup Pernod

ROUILLE INGREDIENTS:

- 1 cup bouillabaisse reduction (1 quart reduced to 1 cup)
- 1/4 tsp harissa
- 4.5 oz aioli (see recipe)

AÏOLI INGREDIENTS:

- 2 garlic cloves, chopped
- 2 tsp fresh lemon juice
- 1 large egg yolk
- 1/2 tsp Dijon mustard
- 1 tsp sherry vinegar
- 1/4 cup, plus 3 tbsp vegetable oil
- Salt and Pepper to taste

BOUILLABAISSE INGREDIENTS:

- 16 oz bouillabaisse broth (see recipe)
- 6 Prince Edward Island mussels
- 6 clams
- 1 tsp garlic, chopped
- 3 prawns, 16/20 size
- 3 oz red snapper, skin on

From the
Left Bank
kitchen

BOUILLABAISSE MAISON

Originally invented by Mediterranean fisherman, this dish gradually became a highlight of the Midi region, with each cook adding their individual touch.

BOUILLABAISSE BROTH DIRECTIONS:

1. Heat the olive oil in a large stock pot and sweat the vegetables about 5 minutes.
2. Add the saffron and spices, and cook another 5 minutes.
3. Add the fish bones and sweat for 10 minutes.
4. Add the white wine and cover with water. Bring to a simmer and cook for about 45 minutes.
5. Pour in the Pernod with 5 minutes remaining to cook.
6. Remove the oil off the top of the broth and puree with a blender or mixer until smooth.
7. Strain and check for seasoning.

ROUILLE DIRECTIONS:

Blend all ingredients and check for seasoning.

AÏOLI DIRECTIONS:

1. In a mixer with the whipping attachment, add all of the ingredients except the oil.
2. Mix for 3 minutes on high speed.
3. Put the mixer on medium speed and add the oil in slowly until completely incorporated.
4. Add salt and pepper to taste for seasoning.

WHEN READY TO SERVE:

1. Heat a sauté pan with olive oil; add the fish, shellfish, the prawns, then the broth mix.
2. Simmer for about 1 minute.
3. Serve with rouille, garlic, and baguette croutons.