

# BOURRIDE DES PECHEURS

*From the  
Left Bank  
kitchen*

## INGREDIENTS:

- 4 oz monkfish, bone in
- 3 each mussels
- 3 each clams
- 2 each prawns, 16/20 size
- 1 each Dungeness crab, cleaned, cut into 6 portions and cooked in court bouillon
- 4 oz celery, fennel, leeks, and onions, julienned
- 1 oz Roma tomato, diced, no seeds
- freshly chopped parsley
- 4 oz cream
- 8 oz Yukon Gold potatoes, peeled, sliced 1 1/2 in. thick, and blanched
- 1 oz Ricard Pastis
- 4 tsp aioli

## FISH STOCK INGREDIENTS:

- 2 pounds bones and heads of halibut or any lean, white-fleshed fish
- 2 tablespoons kosher salt
- 2 tablespoons butter
- 1 cup diced yellow onion
- 1 medium leek, minced
- 2/3 cup diced celery
- 1 cup dry white wine
- 4 cups water
- 2 sprigs flat-leaf parsley
- 2 sprigs tarragon
- 1 bay leaf

## METHOD FOR BOURRIDE SAUCE:

Rinse fish bones and soak in water overnight. Rinse and dry.

Heat butter and sweat chopped vegetables until nicely cooked and soft. Add fish bones and simmer until bones start to break. Add white wine, clam juice, water, and bouquet garnis. Bring to a boil. Skim. Season with salt and white pepper. Simmer for 30 minutes. Strain through fine mesh trainer. Reduce fumet by half.

Cook mussel and clams a la marinière with shallots, garlic, white wine, bouquet garni, and tarragon. Remove mussels and clams when they open and reduce the mussel juice per half.

Clean mussels and clams, cover with mussel juice, and reserve for other uses.

Combine both fumet and shellfish reduction, then add cream and reduce to a nice light sauce, the flavor must be strong but not fishy. Keep aside until ready to serve.

## WHEN READY TO SERVE:

In a sauté pan coated with butter, add the julienned vegetable, blanched potatoes, monkfish, and bourride sauce, then season slightly.

When monkfish is halfway cooked, add mussels, clams, prawns, and crab legs (it is important that all the fish and sea food are not over cooked).

Arrange the sliced potato, vegetables, and seafood in your serving dish.

Meanwhile, reduce the bourride sauce and finish with aioli and Ricard (do not boil or cook aioli or Ricard).

Garnish with freshly parsley and diced Roma tomato.