

BOUILLABAISSE



MINUTES TO PREPARE
15



MINUTES TO COOK
45



SERVES
3

INGREDIENTS

500g red fish or red mullet (skin on), cut into large chunks
125g frozen shelled tiger prawns
30 mussels in their shell
1 tablespoon rapeseed oil
1 onion, peeled and finely diced
1 carrot, peeled and finely diced
1/2 red pepper, cored, deseeded and finely chopped
1 celery stalk, finely chopped
4 cloves of garlic, peeled and finely chopped
Peeled zest of **1 orange**
2 bay leaves
1 sprig of rosemary, finely chopped
6 sprigs of thyme, finely chopped
1/2 star anise
1 teaspoon fennel seeds, ground
1 teaspoon paprika
100ml white wine
400ml fish stock
400g tinned tomatoes
1 tablespoon tomato puree
Salt
Flat-leaf parsley, finely chopped

To serve:

Bread or croutons & finely grated Parmesan

You will need 1 large saucepan, 1 medium saucepan with a lid and a fine sieve.

LET'S GET COOKING

- 1 First make the sauce. Heat the large saucepan over a medium heat and add a tablespoon of rapeseed oil.
- 2 Add the onion, carrot, celery and red pepper and sauté for 10 minutes. Add the garlic and orange peel and sauté for a further 2 minutes.
- 3 Add the bay leaves, chopped rosemary and thyme, star anise, ground fennel seeds and paprika and stir for a minute.
- 4 Turn up the heat and add the wine. Bring it to the boil and let it reduce for 3 minutes.
- 5 Add the fish stock, tinned tomatoes, tomato paste and a pinch of Maldon sea salt. Bring to the boil and turn down to a gentle simmer. Cook for 25 minutes.
- 6 Once the sauce is cooked, remove the orange peel, star anise and bay leaves and discard.
- 7 Blitz the soup with a hand blender to a puree and then push it through a fine sieve into a large bowl, making sure that you get as much of the lovely sauce as you can through the sieve. Discard the remanence.
- 8 Pour the soup back into the large saucepan and bring it back to the boil. Turn it down to a medium heat and add the prawns and the fish. Stir well and leave to cook on a gentle simmer for 5 minutes, until the prawns are pink and the fish starts to flake.
- 9 Meanwhile, place the mussels in the medium saucepan over a high heat. Pop a lid on and wait for the mussels to steam and open. Once they are all open pour them into the soup, with or without their shells. Make sure you pour in all their lovely salty juices from the pan as well.

Sprinkle over the parsley and serve.

"I like to serve with grated Parmesan and croutons or bread in separate bowls for people to help themselves. Enjoy!"