

Bouillabaisse

Serves 4

For the broth:

2 tablespoons olive oil
½ small yellow onion, chopped
½ fennel bulb, chopped
½ cup dry white wine
Juice from ½ lemon
4 cups store-bought less sodium seafood stock

For the bouillabaisse:

2 tablespoons olive oil
1 small yellow onion, chopped
2 garlic cloves, minced
1 (14.5 ounce) can fire roasted diced tomatoes
½ lb red potatoes
1/3 cup chopped fennel fronds
Pinch of saffron threads
2 tablespoons minced parsley, more for garnish
Salt, to taste
Freshly ground black pepper, to taste
1 lb firm white fish (e.g. grouper, red snapper, monkfish), skin removed cut into 2-inch pieces
1 lb mussels (cleaned and debearded) or shrimp (peeled and deveined)

For the rouille:

½ cup day-old breadcrumbs from a loaf of bread
1 ½ tablespoons water
2 garlic cloves
¼ teaspoon salt
¼ teaspoon ground red "cayenne" pepper
2 tablespoons olive oil

For the broth:

In a medium saucepan, heat the olive oil over medium-high heat. Add the yellow onion and fennel and cook, stirring occasionally, until soft (about 5 minutes). Add the white wine and bring to a boil. Add the lemon juice and seafood stock and bring to a simmer. Cover the saucepan and simmer for 15 minutes. Strain the stock and discard the solids. Set aside.

For the bouillabaisse: In a large pot, heat the olive oil over medium-high heat. Add the yellow onion and cook, stirring occasionally, until soft (about 3 to 5 minutes). Stir in the garlic and cook until just fragrant, about 30 seconds. Add the diced tomatoes and their juices and cook for 2 minutes. Stir in the red potatoes, the fennel fronds, a pinch of saffron, and parsley. Add the broth to the pot and bring to a simmer. Simmer for 10 minutes then season to taste with

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salt and pepper. Five minutes before you are ready to eat add the fish and shellfish to the pot. Simmer gently until cooked through. Discard any mussels that do not open.

For the rouille:

Place the garlic cloves, salt and cayenne in a mortar. Pound the ingredients with the pestle until the garlic is a paste. Add the water and breadcrumbs and use the pestle to incorporate all of the ingredients. Slowly add the olive oil. Divide the soup between 4 bowls and place a dollop of rouille in the middle of each. Garnish with the minced parsley and serve immediately.