



Bouillabaisse

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 8-10 people

Ready in: 60 minutes

Fresh Seafood



4	dozen clams
2 quarts	mussels, scrubbed
3lbs	fresh firm fish (sea bass, digby scallops, salmon) cut into large chunks
3	dozen fresh prawns
10	crab legs, cracked

Ingredients

½ cup	olive oil
1 cup	leeks, coarsely chopped
4 tbsp	butter
1 tbsp	flour
3 cups	roma tomatoes, chopped
1 tsp	thyme
½ cup	fresh parsley, finely chopped
1 cup	onion, finely chopped
4 cups	fish/vegetable stock
2 cups	dry white wine from Dundarave Wine Cellar
2 cups	tomato sauce from Verdicchio Deli
1.5 tsp	whole saffron
2	bay leaves
	salt & pepper to taste

Instructions

1. Heat the oil in a large pot. Add the leeks and onions and cook until soft.
2. Add the tomato sauce, tomatoes, thyme, parsley, bay leaves, wine, fish stock and salt & pepper.
3. Simmer for 20 mins. (You may prepare this part ahead and refrigerate until the next day. Return to simmer before proceeding.)
4. Blend softened butter and flour and then blend into tomato mixture. Add the clams, mussels and saffron. Simmer for 5 mins.
5. Add the fish, prawns and crab and simmer another 5 mins. Do not overcook!
6. Serve in large bowls with crusty French bread and dry white wine.
7. Extra: Add 2-3 tbsp. of Pernod or Anisette just before serving for something special.