

Metropolitan Brasserie & Restaurant



Bouillabaisse with Rouille

INGREDIENTS

Yields 4-6 portions

Broth:

- 1 Medium Spanish Onion (Roughly Chopped)
- 1 Medium-Large Carrot (Peeled, Roughly Chopped)
- 3 Stalks of Celery (Roughly Chopped)
- 1/2 Leek (dark green ends trimmed & discarded, leek split lengthwise, roughly chopped)
- 1 Bulb of Fennel (Cored and fronds picked)
- 8 Large Garlic Cloves
- 3 Roma Tomatoes (Cored)
- 1 19 fl oz can of plum tomatoes
- 750ml of seafood or fish broth
- 250ml of dry white wine
- 1L of Water
- 1g of Saffron Threads

Optional: zest and juice of an orange & 2 fl oz Pernod or anise flavoured liquor

Soup:

- 1 lb of Mussels
- 12 Sea Scallops
- 12 Jumbo Shrimp
- 600g of halibut (cut into one-inch cubes)
- 1/2 leek (thinly sliced)
- 2 Roma Tomatoes (cored, cut in half and each half cut into 8 pieces)
- 1/2 Bulb Fennel (cored and thinly sliced)
- 60 ml of dry white wine
- Salt & Pepper to taste

Garnish:

- 1 tbsp Parsley (finely chopped)
- 1 tbsp Tarragon (finely chopped)
- 1 tbsp Chives (finely chopped)

Rouille:

- 2 Egg Yolks
- 1 tbsp of Dijon mustard
- 250ml olive oil
- 2 tsp lemon juice
- One pinch of Saffron Threads
- 1 tsp of cayenne pepper
- 2 tsp of minced garlic

Crostini and/or sliced baguette for serving

DIRECTIONS

Broth:

1. In a large sauce pot, over medium heat, sauté onion, carrot, celery, leeks, fennel and garlic until translucent and soft
2. Add Roma tomatoes and cook 15 minutes, stirring constantly
3. Add white wine and cook 5 minutes
4. Add canned tomatoes, saffron and water and cook 45 minutes to an hour
5. Remove from heat, purée and strain through a fine strainer into another pot (for reheating at meal time) or into a container for storage until use
6. Cool and refrigerate if using later.

Rouille:

1. Add egg yolk, mustard, saffron, lemon juice cayenne and garlic in a medium bowl
2. Begin pouring the oil into the bowl slowly while whisking constantly, to make an emulsification
3. The sauce should be the consistency of a mayonnaise

Soup:

1. Return finished broth to the stove and gently reheat
2. Sauté the leek, tomato and fennel in a large pan with 2 tbsp of olive oil over medium heat until soft

3. Add the mussels and season with salt and pepper. Add white wine and cook for a minute
4. Add about 500 ml of the warm broth to steam the mussels
5. Add the rest of the seafood to the pan and continue to cook for approx 5 minutes - until the mussels have opened and the other seafood has cooked through
6. Divide the seafood amongst 4 bowls and evenly disperse the liquid and vegetables from the pan amongst them
7. Top up each bowl with broth from the pot on the stove
8. Garnish with chopped parsley, chives and tarragon, and serve with sliced warm baguette or crostini and rouille