

Bouillabaisse

Once upon a time this recipe went on to win the Taste of America James Beard Challenge bringing home \$10,000 for the Santa Barbara Food Bank.

Serve this stew with crusty bread and a glass of white wine.

FOR THE FISH STEW BASE

425g Yellow Onion, Medium Dice
500g Fennel Bulb, Medium Dice
(Save the Fennel Tops)
350g Celery, Medium Dice
50g Garlic, Sliced
750g Tomatoes, Concasse (canned is fine)
2g Fennel Seed, Toasted & Ground
1g Paprika
.5g Cayenne
.5g Saffron
10g Salt
250mL White Wine
2L Sea Clam Juice or Fish Fumet

Per Portion

8oz Of the above fish stew
3ea Jumbo Shrimp
3ea Sea Scallops
3oz Fish of your choosing, Large Chunk
2oz Rouille

What the hell is Rouille? (Roo-ey) ----->

1T Water
1T White Vinegar
2-3 Slices of Bread, Crusts Removed,
Ground to Crumbs
Pinch Saffron
3-4 Garlic Cloves, Minced
2ea Egg Yolks
.25tsp Paprika
1/2 C Olive Oil
Salt - to taste

Instructions:

1. Saute the Onions, Fennel & Celery until they soften slightly.

Add the Garlic and continue to sautee for 2-3 minutes.

2. Add the dry spices and stir for another minute allowing the spices to bloom.

3. Deglaze with white wine and reduce by half

4. Add the Tomatoes and stir well.

5. Add the Clam Juice and bring the mixture to a simmer

*Season with black pepper and lemon juice and the tops of the fennel, well chopped.

This mixture is the base for creating your fish stew. It should be made ahead of time and portioned with fish according to however many people you are cooking for. Portions should basically look like what you see to the left.

Rouille is a bread crumb fortified aioli. In Bouillabaisse the Rouille is used as a thickening agent and it should be stirred in at the very end, after your seafood is cooked and after you have pulled the stew off the heat.

TO MAKE THE ROUILLE

1. Gently warm the water with the saffron to make a saffron tea. This will help the color distribution from the saffron be more even. Add the vinegar to this as well. Set aside.

2. Combine the chopped Garlic and Egg Yolks and mix well. With a fork, keep mixing as you slowly drizzle the oil into the egg yolks. Go Slow! Being careful not to break the emulsification. Use the saffron tea from above to adjust the consistency as you go along.

3. Once the emulsification comes together, fold in the bread crumbs & paprika and season with salt.