

BOUILLABAISSSE (pronounced "Bu-yeh-behze") & ROUILLE ("Rou-yeh")

FISH STOCK - prepared the day before

Supplies: Large pot
2-4 pounds of any non-oily white fish bones and trimming
3 carrots, chopped coarse
3 celery ribs, chopped coarse
1 ½ large white onion
1 ½ bunch parsley with stems, washed well
15 whole peppercorns
6 bay leaves
3 tbsp dried thyme, crumbled
12 cups water
1 ½ cup dry white wine
4 leeks (white and pale green parts only), slice washed well
3 celery ribs chopped fine
3 medium fennel bulbs stalk trimmed flush with bulbs, bulbs sliced
1 large onion, chopped
1 ½ cup olive oil
4 saffron threads, crumbled, dissolved in very hot water

Combine first 10 ingredients in the large pot and cook over medium heat for 45 minutes.

Pour mix through a large sieve, removing most solids and leaving a rich broth.

In a large kettle with cover cook leeks, celery, fennel and onion in olive oil over moderate heat, stirring occasionally, until softened (about 10-15 minutes). Add saffron and broth. Store covered kettle (or covered container) in a refrigerator overnight if desired.

COMPLETE STEW:

Supplies: Take covered container with Stock from refrigerator, empty into large kettle.
1 ½ cup white wine
3 28 oz. cans whole tomatoes, drained, chopped coarse
5 garlic cloves, crushed
6 bay leaves
3 tbsp tomato paste
¾ cup packed parsley leaves, chopped
1 ½ tsp salt
1 ½ tsp ground black pepper
2 pounds monkfish (or similar) fillets cut into 9 pieces
18 large scallops (minimum count) OR 36 small bay scallops
36 cooked (or frozen cooked) medium size shrimp (minimum count)
1 pack (1 pound) mixed frozen seafood with mussels and clams, etc

Bring broth in kettle to a simmer, add white wine, canned tomatoes, garlic, bay leaves, salt, and pepper- continue at simmer or very light boil for 10 minutes- prepare to add seafood.

Add monkfish and cook, covered, about ten minutes or until opaque and cooked through. Carefully transfer fish with a slotted spoon to a large warm platter and cover with foil to keep warm.

Add shrimp and scallops to kettle with simmering broth and cook covered, about 12 minutes. Transfer to the large warm platter with a slotted spoon – again cover to keep warm.

Add frozen seafood pack to simmering stock and cook covered, about 10 minutes after thaw. With slotted spoon, transfer mussels and clams plus remainder of cooked seafood pack to platter- make certain all seafood on platter is warm to hot and done- any underdone or cooled can be returned for a short time to simmer- be careful not to be overdone

NOTE: Be cautious in spooning the seafood so that it remains in large pieces. Check to see that Rouille & Toast are ready (see following recipe for Rouille.)

From the warming platter, apportion fish, scallops, shrimp, mussels/clams, and remainder of seafood among required number of bowls, and pour hot broth to fill each bowl.

Float one or two slices toasted bread coated with Rouille into each bowl- see below. Serve individual bowls and toast with remaining Rouille & Toast on the side.

ROUILLE & GARLIC TOAST:

Supplies:

- 2 large tomatoes
- 2 red bell peppers
- 2 medium potatoes, peeled and boiled
- 2 cups mayonnaise
- ½ cup Fish stock
- 6 garlic cloves
- 2 threads saffron dissolved in 1 tsp. hot water
- ½ tsp Tabasco or equal Louisiana hot sauce
- 1 tsp salt
- 2 dashes ground black pepper
- 9 Baguettes (or similar French bread), sliced ¼ to ½ inch thick

Broil the tomato and bell pepper, turning to blacken all sides. Place in paper bag, close it and let it “sweat” for 5 minutes so it is easier to peel the skin. Remove from bag, peel the skin and discard the skin, seeds and stem. Peel and cut the tomato, remove the seeds. In a food processor, puree the potato, roasted pepper and tomato, mayonnaise, fish stock, garlic, saffron, and hot sauce. Season to taste with salt and pepper. Cover Rouille and refrigerate until needed.

Preheat oven to 400 degrees F. Lightly brush baguette slices with olive oil and bake on cookie sheet until crisp. Take sufficient baked bread slices and spread one side with Rouille and float in each bowl as described above. Dish remaining Rouille in 3 bowls along with garlic toast to be placed on dinner tables.