



BOUILLABAISSSE (SEA FOOD BOUILLON)

Recipe by Executive Chef, Phil Ribaud

Preparation Time: 2 hours

Serves: 4

- ▶ 500 grams king prawns, deveined, shelled (keep shells/heads for stock)
- ▶ 12 mussels, scrubbed and beards removed
- ▶ 250 grams crabs
- ▶ 1 cup white wine
- ▶ 2 cups water
- ▶ 1/2 red onion chopped
- ▶ 2 tsp. finely chopped garlic
- ▶ 1 bay leaf or carri poulet leaf
- ▶ 1/4 cup olive oil
- ▶ 2 red onions finely chopped (extra)
- ▶ 1 small leek, finely sliced
- ▶ 1 Tbls. crushed garlic
- ▶ 450 grams can of chopped tomatoes
- ▶ 3 Tbls. tomato paste
- ▶ 1/4 tsp. saffron powder
- ▶ 2 bay leaves or 4 carri poulet leaves (extra)
- ▶ 1 Tbls. chopped basil leaves
- ▶ 1 tsp. fennel seeds
- ▶ 4cm piece of orange rind
- ▶ salt and freshly ground pepper
- ▶ 500 grams white fleshed fish, skinned, boned and cut into bite pieces
- ▶ 1/2 cup finely chopped parsley leaves

1. Soak mussels in cold water for one hour. Scrub and remove beards. Clean crabs, break or cut into serve sizes and retain shells.
2. Prepare stock by boiling crab shells, prawn shells and heads and fish bones in 1 cup of fish stock, together with wine, 2 cups water, 1/2 red chopped onion, chopped garlic and one bay or carri poulet leaf. Bring to boil, reduce heat and simmer for 20 minutes. Strain and reserve liquid.
3. Heat oil in large casserole pan. Add 2 finely chopped red onions, chopped leek and 1 tablespoon crushed garlic. Cover and cook over low heat for 20 minutes, stirring occasionally until onion is softened but not browned. Add chopped tomatoes, tomato paste, saffron powder, bay leaves or carri poulet leaves, basil, fennel seeds, orange rind, salt and pepper. Stir well and allow to cook uncovered for ten minutes, stirring frequently.
4. Add strained fish stock and bring to boil. Allow to boil for ten minutes, stirring often. Reduce heat and add fish pieces, crab pieces and mussels. Cover and simmer for four to five minutes. Add king prawns and simmer covered for three to four minutes. Do not overcook prawns.
5. Remove orange rind and bay or carri poulet leaves. Transfer to warm serving bowls. Sprinkle with parsley.
6. Serve on freshly cooked hot basmati rice. Accompany with tomato chutney.

Cole Bailey Vineyards, 1482 Inez Way, Redwood Valley, CA 95470

(707) 485-9507 (ph), (707) 485-1704 (fax), email: jmalloy@colebailey.com
