



OLYMPICS 2024

Bouillabaisse



A simple recipe for the classic French seafood soup dish: bouillabaisse. The delicious soup is full of shellfish, seafood, tomatoes and fragrant seasonings and can be prepared in less than an hour.

Servings: 6 servings

Equipment: Big Stockpot

Ingredients

- 120 ml extra-virgin olive oil
- 2 small, or 1 big chopped onion
- 1 chopped leek
- 4 cloves garlic, smashed
- 2 or 3 large, ripe tomatoes, chopped or 2 cups canned chopped tomatoes
- 2.5 liter water
- Fresh herb sprigs: thyme, parsley, fennel fronds and basil (in any combination)
- 1 wide strip of fresh orange peel (optional)
- ½ teaspoon crumbled saffron
- 1 tablespoon sea salt
- 2 kg fish heads, bones, trimmings, shrimp shells
- 500 grams peeled shrimp (save the shells for the stock)
- 500 grams cod, halibut or other flaky white fish, cut into large chunks

- 500 grams mussels or clams, scrubbed and mussels debearded
- Crusty bread, sliced, for serving

Rouille

- 2 roasted and peeled red bell peppers, (jarred peppers are fine)
- ½ teaspoon ground cayenne pepper, or more to taste
- 1 tablespoon fresh lemon juice
- 1 peeled garlic clove
- 30 grams fresh breadcrumbs, or ground almonds
- 15 grams fresh parsley leaves
- Fine sea salt, about 1/2 teaspoon or to taste
- 75 ml extra-virgin olive oil

Instructions:

For the broth: *you can prepare this a day in advance*

- Heat the oil in a tall and big stockpot over medium heat. Add the onion and leek and cook gently until softened. Stir in the garlic and cook for a minute until fragrant, then add the tomatoes, water, herbs, orange peel, saffron, salt and fish bones and shrimp shells. Bring to a simmer, then reduce heat so that the broth bubbles slowly, without boiling.
- Cook for 30 minutes, then strain the broth into a large bowl, or another pot and discard the solids.
- Pour the broth back into the stockpot and bring to a boil. Add the shrimp and cook until they turn pink, this will take a minute or two. Add the rest of the fish and shellfish, cover and simmer until the mussels or clams open (this will just take a few minutes).
- Taste the soup and add more salt and freshly ground pepper if needed.

Make the rouille:

- Puree everything except for the olive oil in a food processor until smooth. Slowly add the olive oil while processing to form a paste.
- Toast the bread and brush with olive oil.
- Serve the soup with bread and rouille.

Bon appétit