

Bouillabaisse



Preparation time: 10 mins

Cooking time: 50 mins

Serves: 4

A delicious seafood recipe that is a sure dinner party hit.

Ingredients

- 2 Tbsp extra virgin olive oil
- 1 brown onion, peeled, sliced
- 1 leek, trimmed, sliced
- 1 head fennel, trimmed, sliced
- 1 red capsicum, diced
- 2 fresh long red chillies, sliced
- 4 garlic cloves, peeled, sliced
- 2g saffron threads
- 2 x 400g cans whole peeled tomatoes
- 2 cups fish stock
- 1 tsp brown sugar
- 400g boneless, skinless ocean trout fillet, diced
- 250g prawns, peeled, tails left on, deveined
- 250g pipis
- 300g mussels
- 250g squid, cut into very fine strips
- 1 bunch fresh basil, leaves picked
- ½ bunch fresh marjoram, leaves picked
- Extra basil leaves, to garnish
- Grilled crusty bread, to serve

Method

1. Heat oil in a large, heavy-based pan over a high heat. Add onion, leek, fennel, capsicum, chilli and garlic, then cook, stirring often, for 5 minutes. Add saffron and cook for 2 minutes.

2. Add tomatoes, fish stock and sugar. Reduce heat to medium and cook, stirring often to break up tomatoes, for 30 minutes.

3. Add seafood and cook for 10 minutes or until mussel and pipi shells open and fish, prawns and squid are cooked. Fold in herbs, then garnish with basil. Serve with bread.