

FRENCH FISH BOUILLABAISSE (STEW)

The Recipe

<https://www.cuisinedaubery.com/recipe/french-fish-bouillabaise-stew/>

Bouillabaisse is a spicy Fish stew, originally from Provence. This recipe is an excellent French gourmet dish.

Chef: Rémy Demargues

Servings: 6

Preparation Time: 20 Minutes

Cooking Time: 40 Minutes

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish, Fish,

Ingredients

Pour 2.5 kg (5 1/2lbs) de poisson blanc

***POISSON**

18 1/4 Cups White Fish (2 kilograms)

A few: Shrimp, Clams, Mussels...

***SAUCE**

4 1/2 Cups White Fish (500 grams) Fish filets, deboned

1 Fennel Bulb

1 Onion

1 Garlic Bulb

2 teaspoons Fennel Seeds (10 grams)

1/2 Cup White Wine (125 grams)

2/3 Cup Ricard or Pernod Wine (150 grams)

3 1/2 Cups Clam Juice (800 grams) or water with Fish Sauce like Asian 'nuoc mam'

A small quantity of Saffron

3 Cups Tomatoes (600 grams) canned OK

5 oz Potatoes (150 grams)

A small quantity of Thyme

1 Orange

A small quantity of Paprika

Pour 4 kg (8 lbs 13 oz) de poisson blanc

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*POISSON

29 Cups White Fish (3.2 kilograms)

A few: Shrimp, Clams, Mussels...

*SAUCE

7 1/4 Cups White Fish (800 grams) Fish filets, deboned

1.6 Fennel Bulbs

1.6 Onions

1.6 Garlic Bulbs

1 Tablespoon Fennel Seeds (16 grams)

1 Cup White Wine (200 grams)

1 Cup Ricard or Pernod Wine (240 grams)

5 2/3 Cups Clam Juice (1.28 kilograms) or water with Fish Sauce like Asian 'nuoc mam'

A small quantity of Saffron

4 3/4 Cups Tomatoes (960 grams) canned OK

1/2lbs Potatoes (240 grams)

A small quantity of Thyme

1.6 Oranges

A small quantity of Paprika

Pour 1 kg (2 1/4 lbs) de poisson blanc

*POISSON

7 1/4 Cups White Fish (800 grams)

A few: Shrimp, Clams, Mussels...

*SAUCE

1 3/4 Cup White Fish (200 grams) Fish filets, deboned

0.4 Fennel Bulb

0.4 Onion

0.4 Garlic Bulb

1 teaspoon Fennel Seeds (4 grams)

4 Tablespoons White Wine (50 grams)

1/4 Cup Ricard or Pernod Wine (60 grams)

1 1/2 Cup Clam Juice (320 grams) or water with Fish Sauce like Asian 'nuoc mam'

A small quantity of Saffron

1 1/4 Cup Tomatoes (240 grams) canned OK

2 oz Potatoes (60 grams)

A small quantity of Thyme

0.4 Orange

A small quantity of Paprika

Steps

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1. Cut the Fennel Bulb (1) and set aside. We are not going to use the green stems
2. Slice the Fennel Bulb using a knife or a mandoline
3. Slice, 0.19" (or 13/64" or 0.5 cm) thick cuts
4. Peel and chop the Onion (1)
5. You don't need to peel the Garlic Bulb (1). Simply cut in half ! That will save you time (we will strain in the end)
6. For this recipe we are also going to use Fennel Seeds (2 teaspoons or 10 g)
7. Place in a large pot : the Fennel Bulb (1), the Onion (1), the Garlic Bulb (1) and the Fennel Seeds (2 teaspoons or 10 g)
8. Cook over medium heat, and stir occasionally
9. Cook 15/20 minutes
10. French cooks use a liquor known as «Pastis». Typical brands are Ricard, or Pernod
11. In the states, this alcohol can be found in many stores, like BevMo
12. Pour in the Ricard or Pernod Wine (2/3 Cup or 150 g)
13. Pour in the White Wine (1/2 Cup or 125 g)
14. Reduce, over medium hear
15. 10 minutes
16. Add the Clam Juice (3 1/2 Cups or 800 g), (or the Fish sauce like Nuoc Mam)
17. Add the pinch of Saffron (A small quantity)
18. You may use fresh tomatoes or canned tomatoes
19. Add the Tomatoes (3 Cups or 600 g)
20. Peel an Orange
21. Take the orange peel and cut it in quarters, then add in
22. Add the Potatoes (5 oz or 150 g), peeled and cut in quarters
23. Add the Thyme (A small quantity)

The Sauce

24. We will add White Fish (4 1/2 Cups or 500 g) for the sauce as well.
25. Add the White Fish (4 1/2 Cups or 500 g)
26. Reduce heat and simmer, and cook on medium/high heat, covered for 10 minutes
27. Remove the Orange peels with tongs
28. Let cool down aside for 10/15 minutes and transfer to a blender
29. Blend the sauce for a few minutes. If the sauce is too thick, you may adjust and add water
30. We now need to strain the sauce
31. Using a colander, pour in the sauce and press and turn, using a spatula or a ladder
32. You may discard the leftover fibers
33. We are going to keep the sauce
34. Add the Paprika (A small quantity)

The fish and shellfish

35. You may choose any fish you want, really
36. For the White Fish (18 1/4 Cups or 2 kg) : Fresh fish is better, but someone needs to debone it !

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37. I steam the white fish to keep it from breaking apart
38. The rest of the fish can be cooked inside the pot with the sauce
39. Add and cook the shrimps and shellfish
40. Cook a few minutes
41. Pour the sauce in serving bowls with a laddle
42. Add the cooked fish