

## BOUILLABASSE

### EQUIPMENT

CHEF'S KNIFE, SMALL MIXING BOWLS, BAKING TRAY

### INGREDIENTS

20 FENNEL SEEDS, 2 SMALL FENNEL BULBS, 4 SHALLOTS, 3 GARLIC CLOVES, 1 SMALL LEEK, 250-300GM WATER, PINCH OF SAFFRON STRANDS, 3 WHOLE RED MULLET, 2 FLATHEAD FILLETS, 300GM BLACK MUSSELS, 4 KING PRAWNS, 1 CLEANED BLUE SWIMMER CRAB, 200GM PIPPIS, 150ML VERJUICE, SEA SALT, EXTRA VIRGIN OLIVE OIL, FILL AND FENNEL FRONDS.

### METHOD

FINELY SLICE FENNEL, SHALLOTS AND GARLIC. PLACE ALL VEGETABLES ON A SOLID BAKING TRAY AND SEASON WITH FENNEL SEEDS, SALT AND SAFFRON. TOSS ALL INGREDIENTS TOGETHER AND DRIZZLE WITH A LITTLE OLIVE OIL.

PLACE THE RED MULLET ON TOP OF THE VEGETABLES AND SEASON WITH SALT AND A LITTLE EXTRA OIL. PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING (25% STEAM) 200°C FOR 15 MINUTES.

ONCE COOKED REMOVE THE TRAY FROM THE OVEN AND SWITCH THE OVEN TO STEAM SETTING 100°C AND POUR OVER VERJUICE AND ADD THE CRAB PIECES. RETURN THE TRAY TO THE OVEN TO STEAM FOR 5-6 MINUTES.

ONCE COOKED REMOVE THE TRAY FROM THE OVEN AND TURN OVER THE CRAB AND MULLET. ADD PRAWNS, FLATHEAD AND WATER AND RETURN TO THE OVEN TO STEAM FOR ANOTHER 5-6 MINUTES.

REMOVE THE TRAY ONCE MORE AND ADD THE MUSSELS AND PIPPIS AND RETURN TO THE OVEN FOR A FINAL 4-5 MINUTES.

ONCE THE MUSSELS AND PIPPIS HAVE OPENED REMOVE THE TRAY AND PLACE ALL THE SEAFOOD INTO A LARGE SHARING BOWL, POUR OVER ALL THE COOKING LIQUID AND GARNISH WITH DILL AND FENNEL FRONDS AND SERVE WITH CRUSTY BREAD IN THE MIDDLE OF THE TABLE.

### HINTS & TIPS

- BOUILLABAISSE IS A CLASSIC FRENCH DISH THAT FISHMONGERS USED TO COOK ON PIERS ONCE THEY DOCKED FOR THE DAY; USUALLY LEFTOVER FISH WERE USED ALONG WITH ANY CRABS OR CRUSTACEANS.

- SERVE BOUILLABAISSE WITH ROUILLE A CLASSIC MAYONNAISE MADE WITH POTATO AND OIL.