

BOUILLABAISSÉ STEW

F MEDIUM

Last Modified: 11/20/2011

PREP: 45 Min
COOK: 1 Hr
STOVETOP & OVEN 250

SOUP-STEW

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1/2	Cup	Extra Virgin Olive Oil	
3	Large Ripe	Beefsteak Tomatoes (Peeled & Seeded)	Coarse Chop
1	Large	Yellow Onion	Chopped
4	Cloves	Garlic	Minced
1	Pound	Baby Red Potatoes (Washed)	Quartered
1	Whole	Fennel Bulb	Diced
1/3	Cup	Fennel Fronds	Fine Chop
1	Whole	Bay Leaf	
1/4	Tsp	Saffron Threads	Crumbled
1 1/2	Tbsp	Coarse Sea Salt	
1/2	Tsp	Ground Black Pepper	
2	Quarts	Seafood Stock (Swanson)	
1	Tbsp	Lobster Base (Superior Touch)	
2	6 Oz	Frozen Lobster Tails (Cooked)	2" Pieces
1	Pound	Large Shrimp (Raw In Shells)	
3	Pounds	White Fish (Turbot, Grouper, Monkfish, Cod, Red Snapper, Striped Bass, etc.)	2" Pieces
2	Dozen	Clams (Cherrystone) NO DETECTABLE ODOR	
SELECT ONE OR A MIXTURE OF ANY OR ALL OF THESE			
2	Dozen	Mussels (Beards Removed) NO DETECTABLE ODOR	
		Diver Sea Scallops (Foot Removed)	
1/2	Pound	Jumbo Lump Crabmeat	

CROUTONS

10	1/2" Thick	French Baguette Slices	Stale
5	Tbsp	Extra Virgin Olive Oil	
5	Cloves	Garlic	Microplaned

TRADITIONAL ROUILLE

3/4	Cup	Coarse Baguette Crumbs (No Crust)	Stale
3	Cloves	Garlic	Paste
1/2	Tsp	Sea Salt	
1/4	Tsp	Cayenne Pepper	
3+/-	Tbsp	Soup Broth	
3	Tbsp	Extra Virgin Olive Oil	

BOUILLABAISSE STEW

SAFFRON ROUILLE			
3/4	Cup	Mayonnaise (Hellmann's)	
1/4	Cup	Roasted Red Peppers (Drained)	Fine Chop
1/4	Cup	Extra Virgin Olive Oil (EVOO)	
1/2	Tsp	Fresh Lemon Juice	
1/8	Tsp	Lemon Zest	
3	Cloves	Garlic	Microplaned
1/4	Tsp	Cayenne Pepper	
1/8	Tsp	Saffron Threads	Crushed

PREPARATION	
FACTOID	Bouillabaisse is a Provençal Fish Soup or Stew with a mild Tomato base. While there's no strict formula, this hearty Seafood dish can contain a wide variety of different types of Seafood and Shellfish. Selecting FRESH catches is for certain the way to go. Make only ONE of the two listed Rouille's.
TOOLS	<ol style="list-style-type: none"> 1) Stock Pot & Lid 2) Small Mixing Bowl 3) Medium Mixing Bowl 4) Mortar & Pestle 5) Aluminum Half Sheet Pan 6) Slotted Spoon 7) Soup Ladle 8) Microplane 9) Large Saucepan & Lid
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Chop the Yellow Onions and set it aside. 2) Mince the Garlic and add it on top of the Onions. 3) Dice the Fennel Bulb and set it aside. 4) Finely chop the Fennel Fronds and add them on top of the Fennel. 5) Wash and quarter the Red Potatoes. Store them in cold water until ready to cook.
PREP	<p>CROUTONS</p> <ol style="list-style-type: none"> 1) None
PREP	<p>TRADITIONAL ROUILLE</p> <ol style="list-style-type: none"> 1) Mash the Garlic into a paste in the mortar & pestle and set it aside in the mortar.
PREP	<p>SAFFRON ROUILLE</p> <ol style="list-style-type: none"> 1) Microplane the Garlic and set it aside. 2) Zest the Lemon and add it on top of the Garlic. 3) Squeeze the Lemon Juice and add it on top of the Garlic. 4) Drain and finely Chop the Roasted Red Peppers and add them on top of the Garlic.
1	STEW: In a large stock pot over medium high heat, add in the Onion, Garlic and Olive Oil. Cook while stirring occasionally until the Onions are transparent and the Garlic is fragrant, about 7 minutes. Add in the Tomatoes and cook for an additional 4 minutes.
2	STEW: Reduce the heat and add in the Seafood Stock, Lobster Base, Potatoes, Fennel Bulb, Bay Leaf, Saffron, Sea Salt & Pepper. Cover and simmer for 10 minutes.

BOUILLABAISSE STEW

3	STEW: In a large saucepan over medium high heat. Fill 1/2 with salted water and bring it to a boil. Add in order: The Lobster Tails (cook for 3 minutes). The Shrimp (cook for 1 minute). The Scallops (Cook for 2 minutes). Remove the Seafood and place it in ice water to stop the cooking. Remove the Lobster Meat from the Tails and cut it into 2" pieces.
4	STEW: Add in the Fish and simmer while covered for 2 minutes. Stir in the Clams and Mussels and simmer while covered until the Clams and Mussels open, about 5 minutes. Carefully each for and discard any Shellfish that didn't open. Stir in the Shrimp, Lobster, Crab and Scallops and simmer covered for 2 minutes..
5	STEW: Add in the cooked Shrimp, Lobster, Crab and Scallops and simmer while covered for 2 minutes.
1	CROUTONS: Preheat the oven to 250 with a rack in the middle. In a small mixing bowl, add it the Olive Oil and Garlic, stir until thoroughly mixed. Brush both sides of the Bread Slices with the Garlic Oil. Place the Bread Slices on a half sheet pan (not touching) bake until crisp, about 30 minutes.
1	STANDARD ROUILLE: In the mortar & pestle, smash the Garlic, Sea Salt and Cayenne into a paste. In a medium mixing bowl, add in the bread crumbs and reserved Stew Broth one Tablespoon at a time, use a fork to smash & moisten the Bread Crumbs, continue adding Broth until all of the crumbs are moist. Add the Bread Crumbs into the mortar & pestle and smash the entire mixture into a thick Garlic Paste.
1	SAFFRON ROUILLE: To crush Saffron Threads: Place the threads in a sheet of plastic wrap, fold over and lightly roll the threads with your finger until they break apart. In a medium mixing bowl, add in the Mayonnaise, Red Peppers, Olive Oil, Lemon Juice, Lemon Zest, Garlic, Cayenne, and Crushed Saffron. Mix together thoroughly.
SERVE	Place a Crouton in the bottom of a serving bowl. Using a slotted spoon, carefully ladle Fish & Shellfish on top of the Crouton. Using a ladle, add in Stew Broth until the bowl is full. Carefully place a dollop of Rouille in the center of each bowl. Serve while hot with any remaining Rouille on the side.