

# FISH IN BOUILLABAISSE SAUCE

## The Recipe

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

A French gourmet dish, a Fish served in a Bouillabaisse sauce

Servings: 6

Preparation Time: 20 Minutes

Cooking Time: 40 Minutes

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish, Fish,

## Ingredients

### For 2 kg (4 lbs 7 oz ) Fish

\*Fish

18 1/4 Cups White Fish (2 kilograms)

A few: Shrimps, Clams, Mussels...

\*Bouillabaisse 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

### For 4 kg (8 lbs 13 oz ) Fish

\*Fish

36 1/3 Cups White Fish (4 kilograms)

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A few: Shrimps, Clams, Mussels...

\*Bouillabaisse Sauce

9 Cups White Fish (1 kilogram) Fish filets, deboned

2 Fennel Bulbs

2 Onions

2 Garlic Bulbs

2 Tablespoons Fennel Seeds (20 grams)

1 Cup White Wine (250 grams)

1 1/3 Cup Ricard or Pernod Wine (300 grams)

7 Cups Clam Juice (1.6 kilograms) or water with Fish Sauce like Asian 'nuoc mam'

A small quantity of Saffron

6 Cups Tomatoes (1.2 kilograms) canned OK

11 oz Potatoes (300 grams)

A small quantity of Thyme

2 Oranges

A small quantity of Paprika

### **For 1 kg (2 1/4 lbs ) Fish**

\*Fish

9 Cups White Fish (1 kilogram)

A few: Shrimps, Clams, Mussels...

\*Bouillabaisse Sauce

2 1/4 Cups White Fish (250 grams) Fish filets, deboned

1/2 Fennel Bulb

1/2 Onion

1/2 Garlic Bulb

1 teaspoon Fennel Seeds (5 grams)

1/4 Cup White Wine (62.5 grams)

1/3 Cup Ricard or Pernod Wine (75 grams)

1 3/4 Cup Clam Juice (400 grams) or water with Fish Sauce like Asian 'nuoc mam'

A small quantity of Saffron

1 1/2 Cup Tomatoes (300 grams) canned OK

3 oz Potatoes (75 grams)

A small quantity of Thyme

1/2 Orange

A small quantity of Paprika

### **For 500 g (1 lbs 2 oz ) Fish**

\*Fish

4 1/2 Cups White Fish (500 grams)

A few: Shrimps, Clams, Mussels...

\*Bouillabaisse Sauce

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- 1 1/4 Cup White Fish (125 grams) Fish filets, deboned
- 1/4 Fennel Bulb
- 1/4 Onion
- 1/4 Garlic Bulb
- 1/2 teaspoon Fennel Seeds (2.5 grams)
- 2 Tablespoons White Wine (31.2 grams)
- 3 Tablespoons Ricard or Pernod Wine (37.5 grams)
- 1 Cup Clam Juice (200 grams) or water with Fish Sauce like Asian 'nuoc mam'
- A small quantity of Saffron
- 3/4 Cup Tomatoes (150 grams) canned OK
- 1 oz Potatoes (37.5 grams)
- A small quantity of Thyme
- 1/4 Orange
- A small quantity of Paprika

### Steps

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. Slices should be 0.19" (or 13/64" or 0.5 cm) thick
4. Peel and chop the Onion (1)
5. You don't need to peel the Garlic Bulb (1). Simply cut in half
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 heat
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

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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 !
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