

FRENCH HOUND BRASSERIE'S BOUILLABAISSE

This is a dish for special occasions. There's some labor involved, some culinary finesse, and a rich reward when you see the smiles on your guests' faces. Be sure to read through the recipe a couple times while the oven heats up. And most importantly, enjoy! Serves: 4



Ingredients

For the broth:

- 2-3 lbs. flat fish bones (such as halibut and or flounder)
- 3 Tbsps canola oil
- 1 large yellow onion chopped roughly
- 3 ribs of celery chopped roughly
- 1 bulb of fennel chopped roughly
- 6-8 cloves of fresh garlic chopped roughly
- 6 sprigs of thyme (approx.)
- 1 Tbsp. peppercorns
- 1 Tbsp. fennel seed
- 2 bay leaves
- 1 Tbsp. kosher salt
- 1 pinch saffron (approximately ¼ tsp)
- 1 lemon, halved
- 4 oz. tomato paste
- 3 cups dry white wine (Sauvignon Blanc)
- 1 oz. Pernod or other anise-flavored liquor
- 6 quarts water

For the dish:

- 2 Tbsps olive oil
- 1 red onion large dice or julienne
- 3 ribs of celery sliced on bias
- 1 bulb of fennel large dice or julienne
- 12 small red potatoes halved or quartered
- 1 cup grape tomatoes halved

For the fish:

- 4 pieces cod portioned to about 3 oz. pcs
- 12 shrimp peeled and deveined
- 8 sea scallops
- 12 little neck clams soaked and de sanded
- 12-16 P.E.I. mussels

For the croutons:

- 8 slices of rustic French loaf or baguette
- 2+ Tbsps. olive oil
- salt and pepper to taste

For the Rouille:

- 1 egg yolk
- 1 clove garlic, minced
- 2 tsps. kosher salt
- 1 cup canola oil
- 2 tsps. paprika
- ½ tsp. white pepper
- ½ tsp. ground cumin
- ½ tsp. curry powder
- ¼ tsp. toasted ground saffron
- 3 Tbsps. roasted red pepper pieces
- 2 Tbsps. tomato paste
- 1 Tbsp. lemon juice
- 1 tsp. Sriracha (optional)

Directions:

1. Pre-heat oven to 400°.
2. On a small, lightly oiled sheet pan or cookie sheet, place fish bones/body pieces.
3. Roast in oven for about 15 minutes until slightly brown.
4. Meanwhile in large stock pot put in 3 Tbsps. canola oil and begin sweating onions, celery, fennel, and garlic.
5. Next add the thyme, peppercorns, fennel seed, bay leaves, salt and saffron. Then squeeze in both lemon halves and place in stock pot. Stir in tomato paste and add the wine and Pernod. Reduce liquid by about half and then add roasted fish pieces. Finally top off with water and bring to a light boil. Let simmer for a minimum of 45 minutes and up to 2 hours. Strain off through fine mesh sieve and reserve broth.
6. For the croutons: brush both sides generously with olive oil, salt and pepper. Place on very hot grill to get toasty burn grill marks (about 30 seconds a side) alternatively; place oiled seasoned slices on sheet pan and toast in oven at 400° for about 6 min or until golden and crunchy
7. For the rouille: In food processor place the yolk, minced garlic, and salt. Then with the machine running very slowly, drizzle in about ¼ cup of oil until you start to see it thicken. Add two tablespoons of water. Continue to drizzle in next ¼ cup of oil slowly as the aioli continues to thicken.
8. Stop the machine and add in paprika, white pepper, cumin, curry powder, saffron, roasted red pepper, tomato paste, lemon juice, and sriracha. Turn machine back on and continue drizzling in remaining oil adding a tablespoon of water at a time if too thick. When finally combined place in bowl and keep refrigerated.
9. Potatoes: Place potatoes in a small sauce pot covered by one inch of lightly salted cold water. Bring to a boil and reduce to simmer for 5 minutes or until you can retrieve a piece using a paring knife or fork check to see if it is mostly cooked with still some firmness left. Remove from heat, strain and rinse under cold water.
10. For the vegetables, fish and completing the dish: In a large wide pot or large sauté pan pour in some olive oil. On medium heat gently sweat the red onion, celery, and fennel. When cooked halfway (approximately 4–6 min) remove from pan and reserve to the side.
11. Wipe pan clean and add canola oil and bring flame to high. Pat fish dry with paper towels and season generously with salt and pepper. When oil is hot, add cod for one minute then shrimp, scallops, and then the mussels and clams. If you can turn any of the pieces of fish, scallops and shrimp, great, but if they are sticking do not worry, the pan should be very hot and they will release later. Now add the broth. Careful; it will steam and splatter. You will want to add about 4 cups. Add in the reserved vegetables and potatoes. Cover with lid and reduce to a simmer for about 6 minutes. When you lift the lid it should be steaming with the mussels and clams popped open. If not, give gentle stir, nothing should be sticking, and return lid until mussels and clams pop open. Lastly throw in tomatoes. Turn off heat but keep covered until you are ready to serve.
12. Portion out equally into four bowls. Top with two slices of croutons and generous spoonful of rouille.