

Bouillabaisse – French fish soup

4 servings

800 g white fish e.g. cod or 400 g white fish and 400 g salmon

500 g shrimp with shell

400-500 g pre-cooked mussels with shell

Olive oil

1 medium fennel

1 yellow onion

3 firm potatoes

2 carrots

1 red pepper

4 garlic cloves

2 tbsp tomato paste

1 packet saffron (0.5 g)

3 dl white wine

1 l water

1 vegetable stock cube

A few sprigs of fresh thyme (tie together with string)

1 tsp chili flakes

1 tsp salt

0.5 tsp black pepper

2 tbsp freshly squeezed orange juice

Chopped parsley

Peel and cut fennel, yellow onion, potatoes, carrots and peppers into 2x2 cm pieces.

Peel and chop the garlic finely.

Sauté the vegetables in a pot for a few minutes in plenty of olive oil. Add the tomato puree and sauté for a few more minutes.

Add the saffron, wine, water, broth, thyme, chili flakes, salt, pepper and cook slowly under the lid for 20-25 minutes.

While the pot is boiling, peel the shrimp, cut the fish into 2x2 cm pieces.

When the pot with vegetables is cooked, fish out the thyme, add the fish and simmer the soup for 4 minutes.

Squeeze in the orange juice, add the shrimp and mussels (the soup must not boil now, otherwise the shrimp will be tough).

Season with salt and pepper and top with parsley.