

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Bouillabaisse

Classic dish from the south of France.

BY CHEF MARTY SLAVIN

(Serves 4-6)

Ingredients

Olive oil
4-8 slices of thick bread
1 onion, chopped
4 garlic cloves, chopped
2 celery stalks, chopped
1 carrot, chopped
1 medium-new potato,
peeled and chopped
1 bulb chopped fennel
(save fronds for garnish)
¼ tsp. saffron
3 cups lobster or fish stock
2 cups tomatoes,
chopped with their juice
Salt and pepper
1-1 ½ lbs. boneless fish
and shell fish, chopped
8 clams
8 mussels
2 sea scallops
2 tbsp. Pernod
Chopped parsley for garnish

Directions

Heat oven to 400°F.

Brush bread with olive oil and bake on a sheet, turning once, until golden and crisp; about 5 minutes.

Add a thick layer of oil to a large, deep Dutch oven skillet. Cook the onion, garlic, celery, carrot, potato, fennel and saffron until glossy. Add stock and tomatoes and bring to a boil. Simmer until the mixture is a consistency of a stew. Season to taste.

Lower heat to a simmer, add the fish while adjusting the heat to stay at a slow simmer. Add flat fish first, then 5 minutes later, the shellfish. When clams open, add any additional fish, such as shrimp. Cut the scallops in quarters and put in the bottom of each bowl. Add Pernod, and adjust seasoning. Ladle over the scallops, garnish with parsley and serve with croutons.