
BOUILLABAISSE

INGREDIENTS

- 1/2 cup olive oil
- 1 medium onion, chopped
- 6 cloves garlic, minced
- 4 leeks, in fairly thin disks
- 1-2 tsp. fresh fennel, diced
- 5 crushed or coarsely chopped tomatoes
- 2 bay leaves
- 2 big pinches of saffron
- 1 handful chopped parsley
- 1 to 2 tsp. salt
- pepper
- roughly 5 lbs. of very fresh seafood, including fish (see below) cut into 1-2 in. cubes, clams (in shell, perhaps 10), mussels (in shell, perhaps 10), shrimp (cleaned, perhaps 15), scallops (1/2 lb., perhaps)

PREPARATION

Generously cover the bottom of a large (about 10 qt.) pot with good, mild, olive oil. Heat and add onion, garlic; cook briefly and add leeks and fennel. Cook until translucent. Add tomatoes, parsley, bay leaves, saffron, salt, pepper, and about 4 cups water; bring to a boil. Cook about ten minutes. Further season the base to taste, then thoughtfully add seafood (start with shellfish, finish with flakiest fish), cooking for no more than 15 minutes. Stir as little as possible. Serve with garlic bread or French peasant bread.

Serves 5-6.

Fish selection

Rombauer Red Snapper, Halibut, Pompano, Sea Perch;

Childs Rock, Calico, or Sea Bass, Cod or Lingcod, Conger or Sea Eel, Flounder, Grouper, Grunt, Haddock, Hake or Whiting, Halibut, Lemon Sole, Perch, Pollock or Boston Bluefish, Porgy or Scup, Redfish or Red Drum, Rockfish or Sculpin, Scrod, Red or Gray Snapper, Spot, Fresh-water Trout (?), Sea Trout or Weakfish;

Russell & Grobin's Monkfish, Talapia, Scrod, Red Snapper. Rock shrimp, Squid, Scallops, Clams.

N.b. Some details are untested.