

Bullybase

Bullybase mocks the true French country fish soup, Bouillabaisse. This version is easy to make and serves around four people. You can adjust your spices and ingredients to suit your taste, what is available in the pantry and the “catch-of-the-day.”

Preparing the Ingredients:

- 3 Tbsp of olive oil
- 2 medium onions (finely diced)
- 1 1/2 cup of fennel (finely chopped) – may substitute for 1 Tbsp of fennel seeds
- 2 leeks (white parts finely sliced); optional
- ½ cup of celery (finely chopped)
- 3 medium cloves of garlic (chopped or crushed)
- 1/4 cup of dry white wine
- 1 tsp of saffron strands
- 1 to 1 1/2 Tbsp of fresh orange zest (or substitute for 1 Tsp of dried zest)
- 3-4 cups of fish stock (OR 1 can of clam juice + 2 cups of water; OR, if pressed, just water)
- 1 28oz can of peeled stew tomatoes (lightly blended so it has some tomatoes pieces)
- ½ cup of fresh chopped basil (substitute for 1 Tbsp of dried basil)
- 1 tsp of thyme (or a sprig of fresh thyme)
- Salt to taste (omit or salt lightly is using clam juice)
- Pepper to taste
- Chopped parsley for garnish
- 2 lbs of fresh white fish, cleaned, deboned and cut into 2-3 inch pieces
- 1.5 to 2 lbs of shell fish.

Excellent additions include: Halibut, Scrod; Hake, Cod, Mahi-Mahi; Sea bass, Monkfish, Lobster, Crab, Shrimp, Mussel, and Scallop.

Cooking Instructions:

1. If using clams and/or mussels, cook them in a pot with 1 cup of water until they open. Keep them on the side until ready to use. Use the shell fish liquid as part of the stock. If you're using shrimp it's handy to also cook the shrimp shells with water to cover for 10-15 min and use the liquid as part of the stock.
2. In a large pot sauté in olive oil the onions, fennel, celery and leeks for about 10 min or until the onions are soft and translucent (don't burn them!). Add the garlic and continue to sauté for another 2 min.
3. Add the wine, crushed saffron strands and lemon zest and simmer until ½ of the wine has evaporated. Add the fish stock, tomatoes and other spices and let it simmer for about 30 minutes occasionally removing the froth from the top.
4. About 15 minutes before serving, raise the heat to medium high, taste and adjust for salt. Add the fish and cook for about 3-4 minutes. Next add the shellfish (shrimp/crab/lobster/scallops/etc) and cook for another 2-3 min (the soup will start to gently boil). Stir once very gently to avoid breaking the fish bits apart.
5. The last addition should be the clams and/or muscles, but *don't stir* the soup afterwards. (The shells will cut and break the fish and other shellfish). Turn off the heat and serve immediately.
6. Serve this soup hot, garnished with fresh parsley and a side of crusty bread.