

**PROVENÇAL DISH CONSISTING OF FISH COOKED IN WHITE WINE AND
HIGHLY SPICY OR BULLABAISSÉ**



Ingredients (serves 4 people):

Fish stock

- 500 g of clean whole red fish without the head
- 500 g clean whole snapper without head
- 500 g of clean whole whitefish without the head
- Olive oil to taste

1 peeled onion cut into 4 parts
4 whole garlic cloves without shell
1 tbsp fennel seeds
1 tsp spicy paprika
Saffron to taste
Salt to taste
Black pepper to taste
Enough water

Bouillabaisse

4 monkfish slices
4 sea bass slices
4 slices of sole

Rouille Mayonnaise

1 egg yolk
6 cloves garlic, minced
1 fish liver
1 fish roe
Saffron to taste
Salt to taste
Black pepper to taste
Olive oil for consistency
Toasted taste

Preparation:

1. Season the fish with salt and pepper.
2. In a large deep pan heat the olive oil.
3. Add onion and garlic.
4. Stir until vegetables wither, but do not let brown.
5. Add the fish and stir.

6. Add the fennel seeds, turmeric and spicy paprika to taste.
7. Put boiling water up to 4 cm above the ingredients.
8. Adjust salt and pepper.
9. Cook for 2 hours over low heat.
10. In a juicer put all the ingredients and squeeze to remove all thorns leaving a smooth stock.
11. Strain the liquid and return to the cooking pan for another 2 hours.
12. Cut the potatoes into 2 cm slices and add to the stock.
13. To prepare Bouillabaisse add the fish in the stock and cook for 1/2 hour.
14. For rouille mayonnaise in a blender put the minced garlic, the yolk, the fish liver, the fish roe, salt and pepper.
15. Add olive oil in strand until emulsified all ingredients and result in mayonnaise.
16. The recipe is served in two parts.
17. To assemble Bouillabaisse in the first part, pass the mayonnaise on toast and place in a deep dish.
18. Add fish stock and eat as a starter.
19. Then, in another dish, serve the potatoes, the fish slices and sprinkle with the fish stock and some mayonnaise.