

FISH STEW - BOURRIDE



**By Chef Bernard Loury
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This is the perfect early spring dinner; warm but not too heavy. This is from a restaurant in Marseille, France. Wow your family and friends and make this. After our winter, we need to eat good.

The Aioli is for taste. If you are concerned about the amount of oil skip the Aioli.

SERVES 6-8

For the Aioli

2 tsp. fresh lemon juice
1 clove garlic, minced
1 egg yolk, at room temperature
Kosher salt, to taste
1 cup olive oil

For the Soup

1/4 cup Olive oil
1 tsp. Fennel seeds
1/4 tsp. Cayenne
2 cloves Garlic, crushed
2 Leeks, white parts only, chopped
2 Onions, chopped
2 Plum tomatoes, quartered
1 Bay leaf
1 1/2 cups dry white wine
4 cups Seafood stock. You can buy this in a can. Al's Value Land sells this.

2 lb. skinless firm white fish, such as halibut or monk fish, pin bones removed
10 oz. medium shrimp, peeled and deveined, tails removed
1/2 tsp. Saffron threads
Kosher salt and freshly ground black pepper, to taste
2 tbsp. minced Parsley
Toasted baguette, for serving

Instructions

Make the aioli: Whisk lemon juice, garlic, egg yolk, and salt in a heatproof bowl set over a saucepan of simmering water until thick, 2–3 minutes; transfer to a blender. With the motor running, drizzle in oil until sauce is emulsified.

Transfer aioli to a bowl; set aside.

Make the soup: Heat oil in a 6-qt. sauce pan over medium heat.

Add fennel, cayenne, garlic, leeks, onions, tomatoes, and bay leaf; cook until soft, about 15 minutes. Add wine; simmer until reduced by half, 4–5 minutes. Add stock and 2 cups water; boil. Reduce heat to medium; cook until broth is slightly reduced, 12–15 minutes. Strain broth; return to saucepan over medium heat.

Add fish, shrimp, saffron, salt, and pepper; cook until fish is firm and shrimp are pink, 2–3 minutes. Using a slotted spoon, divide fish and shrimp between 6 bowls.

Whisk 1/2 cup broth into aioli; return to pan.

Cook until slightly thick, 4–5 minutes; ladle over fish.

Garnish with parsley; serve with toasted baguette.

Brian McGuckin