

BOUILLABAISSE



USED BRESC PRODUCTS



Bresc Alioli Pimiento
1000g



Bresc Gamba marinade
1000g



Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Green & red chilli
WOK 450g



Bresc Strattu di
pomodoro 450g

INGREDIENTS

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- 3 dessertspoons olive oil
- 1 onion, chopped
- 1 leek, chopped
- 1 fennel bulb, chopped
- 3 g fennel seeds
- 10 g Bresc Garlic chopped
- 8 g chives, chopped
- 60 g Bresc Strattu di pomodoro
- 1 k chopped fish fillet (monkfish, gurnard, dory)
- 3 l fish stock
- dash of Pernod
- 1 dl dry white wine
- peel of ½ an orange, grated
- 1 star anise
- 3 g saffron threads
- 6 g Bresc WOKchilli
- 500 g mussels, cleaned
- 250 g raw prawns
- 20 g Bresc Gamba marinade
- 20 g Bresc Alioli pimiento
- salt and pepper to taste croutons

PREPARATION METHOD

Marinate the fish and the prawns in the gamba marinade and the chives. Put the pan on the heat and add 2 dessertspoons of olive oil. Braise the onion, leek, fennel and fennel seeds for 2-3 minutes until they are soft and almost transparent. Add the garlic, chilli and strattu tomato puree. Add the Pernod. Add the white wine and stock until all the ingredients are covered. Now add the orange peel, star anise and saffron. Add salt to taste and bring to the boil. Allow to simmer gently for 10 to 15 minutes. Remove the star anise, then add the fish, prawns and mussels to the pan. Bring slowly to the boil. Turn down the heat for 6-7 minutes. Season with salt and pepper if required. Take a deep bowl and arrange the pieces of fish and mussels in it. Pour the soup over them. Serve with alioli and croutons.