



FINCH + FENNEL

Bouillabaisse

Classic bouillabaisse requires a saffron rouille, or aioli. While this seafood soup is a masterpiece there are unique subtleties that can be drawn out with a perfectly paired sea salt. Our Provençal Herb Sea Salt is just the tool. Sprinkle it on each serving or over the whole pot and the lavender and rosemary will enhance the mineral flavors of the shellfish as the crisp salt ties all the flavors together.

PREP TIME: 20 Minutes
COOK TIME: 70 Minutes
SERVES: 6-8 people

INGREDIENTS:

3 Tbsp Extra-Virgin Olive Oil
2 Leeks, white & light green parts, thinly sliced
1 Onion, cut into ¼" dice
1 Fennel Bulb, fronds reserved, cored and cut into ¼" dice
4 Cloves Garlic, minced
1 tsp F+F Provençal Herb Sea Salt, plus more for finishing
2 Tomatoes, cut into ½" dice
2 Bay Leaves
2 Pinches Saffron Powder
2 Tbsp White Wine
2 Tbsp Pernod
5 c Vegetable Stock
3 Medium Yukon Gold Potatoes, peeled and cut into ½" dice
1 lb (16 to 20) Shell-On Shrimp
24 Black Mussels, scrubbed and beards removed
24 Littleneck Clams, scrubbed
1 lb Skinless Red Snapper, cut into small pieces
1 lb Skinless Halibut, cut into small pieces
1 French Baguette

INSTRUCTIONS:

1. To a medium pot or Dutch oven over medium-high heat add 3 tablespoons of olive oil. Add to the pot leeks, onions, fennel, garlic & Provençal Herb Sea Salt. Cook for 5 minutes and tomatoes, bay leaves & saffron powder, cook for 3-5 minutes until the bottom of the pan browns a bit. Deglaze with the wine & Pernod then add the stock. Simmer this for 20-30 minutes, then add the potatoes.
2. Simmer for ten minutes, then add the clams & mussels to the pot.
3. After 5 minutes of simmering, add the shrimp & fish pieces; simmer until the fish is opaque & all the clams have opened.
4. Slice the baguette & toast the pieces; serve with classic rouille.



Enjoy!

