

FISH SOUP

with rouille sauce



Preparation : 20 min - **Resting :** - - **Cooking :** 30 min - **Equipment :** -

Ingredients : 6

- 1 onion - 1 carrot (100g) - ½ leek (75g) - ½ fennel bulb (100g) - 1 garlic clove - 1 vegetable stock cube - 2 ripe tomatoes - 1 tsp salt and 5 peppercorn blend - 1 tsp mixed herbs blend - 1 tbsp Pastis (aniseed-flavoured spirit) - 1 tsp powdered fish stock - 750 ml water - 1 kg unsmoked fish - (scorpionfish, sea bream, gurnard, coalfish), - deboned, skinned - and cut into pieces - 70 g tomato puree - 2 tsp olive oil - **ROUILLE SAUCE:** - 2 cloves garlic - 1 small red chilli - 2 egg yolks - 1 pinch saffron - 1 tbsp mustard - 200 ml vegetable oil - 1 tbsp tomato puree - salt, pepper

1. Cut the onion, carrot, leek and fennel into small pieces.
2. Place the vegetables in the metal bowl and add the garlic, vegetable stock cube, tomatoes (quartered), salt, pepper, mixed herb blend, pastis, fish stock powder and water.
3. Close the lid and start the CREAMED SOUP programme.
4. Halfway through the cooking time press STOP, add the fish, saffron, tomato puree and olive oil to the bowl. Restart the programme by pressing Auto. At the end of the programme, restart the CREAMED SOUP programme 1 minute/speed 18 (without heating).
5. Serve the soup piping hot with croutons and the rouille sauce.

ROUILLE SAUCE:

1. Fit the food processing bowl; install the mini bowl and mini blade. Add the garlic cloves and the red chilli,

seeded. Run the FOOD PROCESSOR programme 30 seconds, until blended.

2. If necessary, push the mixture down using a spatula*. Add the egg yolks, saffron, mustard, and season with salt and pepper. Restart the FOOD PROCESSOR programme 1 minute, adding the oil in a thin stream through the feed tube, then add the tomato puree.

Cook Expert ■

© photographs Sandra Mahut
© Hachette Livre (Marabout) 2016