

FISH SOUP

with rouille sauce



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

Ingredients : Serves 6

- 1 onion - 1 carrot (100g) - ½ leek (75g) - ½ fennel bulb (100g) - 1-2 garlic cloves, germ removed - 1 vegetable stock cube - 2 ripe tomatoes, peeled, - seeded and quartered - 1 tsp salt and 5 peppercorn blend - 1 tsp mixed herbs blend - 1 tbsp Pastis (anised-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, germ removed - 1 small red chilli, halved and seeded - 2 egg yolks - 1 pinch saffron - 1 tbsp mustard - 200 ml vegetable oil - 1 tbsp tomato puree - salt, pepper

1. Prepare the rouille sauce. Then, peel and quarter the onion. Wash, peel and chop the carrot. Wash the leek and fennel and cut into small pieces.
2. Place the vegetables in the metal bowl and add the garlic, vegetable stock cube, tomatoes, salt, pepper, herbes de Provence, 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 machine (without heating) for 1 minute/speed 18.
5. Serve the soup piping hot with croutons and the rouille sauce.

ROUILLE SAUCE:

1. Fit the food processing bowl and install the mini bowl and mini blade.
2. Add the garlic cloves and the red chilli. Run the FOOD PROCESSOR programme for about 30 seconds until blended. If necessary, push the mixture down using a spatula.
3. Add the egg yolks, saffron, mustard, and season with salt and pepper. Restart the programme for 1 minute, adding the oil in a thin stream through the opening, then add the tomato puree.

Cook Expert ■

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