



## April Recipe of the month

### Bouillabaisse - serves 4

1 pint x fish stock  
½ pint x chicken stock  
½ x fennel finely sliced  
½ x leek finely sliced lengthways  
¼ x red pepper  
¼ x deseeded chilli  
1tsp x minced garlic  
½ x white onion finely sliced  
1 x tinned chopped tomatoes  
1 x orange juiced and zested  
6 x strands of saffron/ ½ tsp Tumeric  
2tsp x chopped parsley  
Salt and pepper  
500g fish and shell fish of your choice  
I recommend using salmon, plaice tuna and prawns

### METHOD

Sweat off onions, leeks and fennel till soft and lightly brown  
Add the chilli, garlic and the saffron  
add tomatoes, & oranges and simmer for 15 minutes  
add stocks and simmer for 1 hour  
place in diced fish and shell fish of your choice and cook for a further 5 min or till the shellfish and fish are cooked  
add seasoning to taste  
finish with parsley and serve with crusty bread

also adding cooked new potatoes into this dish I find tastes fantastic  
a great fish stew for winter or summer enjoy

Davyd Luke