

Multnomah Athletic Club: 1891 Bouillabaisse Recipe

SEAFOOD FEATURED: SABLEFISH (BLACK COD/BUTTERFISH), CLAMS AND MUSSELS

INGREDIENTS	INSTRUCTIONS
<p>Recipe serves: 6</p> <p>For the Soup:</p> <ul style="list-style-type: none">• 3 each Carrot, peeled, small diced• 2 each celery stalk, small diced• 2 each Yellow onion, small diced• 2 cup White wine• Pinch Saffron threads• 1 ½ cup Tomato, diced• 3 qt. Fish stock• 1 piece Cheese cloth• 1 piece Butcher twine• 3 sprig fresh Thyme• 3 sprig Parsley• 3 sprig Tarragon• 3 each Bay leaves• 2 each Oranges, zested & juiced <p>For the Seafood:</p> <ul style="list-style-type: none">• 1 doz. Manila, cherry stone or savory clams• 1 doz. Mussels• 2 lb. White fish, cut into pieces (halibut, monkfish, cod, red snapper etc.)	<p>Method for the Soup:</p> <ul style="list-style-type: none">– Take the fresh herbs & bay leaves, wrap in cheese cloth & tie up with butcher twine, set aside.– In a stockpot or castiron enamel pot, saute the carrot, celery and onion in olive oil until translucent.– Add white wine and saffron, bring to a boil, reduce to a simmer and let the wine reduce by half.– Add fish stock, tomato & herb bundle to pot. Simmer for 35 minutes.– Add orange juice and zest, check for seasoning. Leave warm on stove. <p>Method for the Seafood:</p> <ul style="list-style-type: none">– In a saute pan, heat olive oil and cook white fish until done. Remove and set aside.– Add the shellfish to the pan, let cook for approximately 1-2 minutes, as they begin to open, add some of the soup stock to pan and let simmer until shells open completely.– Divide seafood into six bowls and pour soup over seafood. Serve with baguette.