

## *Bouillabaisse a la Ann*



*Carolyn T's  
Internet  
Cookbook*

**Servings: 6**

### **SOFFRITTO:**

**1 cup sweet onions**  
**1/2 cup celery, chopped**  
**4 whole garlic cloves, chopped**  
**2 tablespoons olive oil, maybe more**  
**1/2 teaspoon sugar**  
**1/4 teaspoon saffron threads, or more to taste**

### **SOUP:**

**1 cup dry white wine**  
**1 whole bay leaf**  
**1 tablespoon dried basil, or 2 T. fresh basil**  
**1/2 teaspoon dried thyme**  
**1 teaspoon dried oregano**  
**1 dash white pepper, ground**  
**16 ounces stewed tomatoes, chopped**  
**32 ounces diced tomatoes, canned**  
**10 ounces clams, canned, juice only, reserve the clam, or 8-oz clam juice**

### **FISH:**

**10 ounces halibut fillet, cut in 1" cubes**  
**10 ounces cod fillet, cut in 1" cubes**  
**1/4 pound sea scallops, cut in half**  
**4 large shrimp, peeled, deveined, with tails**

### **ROUILLE:**

**3 cloves garlic**  
**1/2 teaspoon salt**  
**1 large egg yolk, at room temperature**  
**1 tablespoon lemon juice**  
**1/4 teaspoon ground red pepper**  
**1/4 teaspoon saffron threads**  
**3/4 cup olive oil**  
**1 1/2 tablespoons red bell pepper, coarsely chopped**  
**6 small baguette slices**

***Blog: Carolyn T's Blog:  
<http://tastingspoons.com>***

*Per Serving (excluding unknown items): 641 Calories; 36g Fat (52.7% calories from fat); 40g Protein; 34g Carbohydrate; 4g Dietary Fiber; 115mg Cholesterol; 517mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 3 Vegetable; 0 Fruit; 6 1/2 Fat; 0 Other*

1. SOFFRITTO: Saute onions, celery and garlic in olive oil for about 10 minutes until onions are tender. Then add 1/2 tsp. sugar and saffron.  
2. Add the white wine to the pan and the bay leaf, basil, thyme, oregano and pepper. Add tomatoes with juices, clam juice. Simmer on low heat for 20 minutes, stirring frequently. Preferably make this one day ahead of serving. Reheat and taste for seasoning. If desired, you may add about a cup of water.  
3. SOUP: When ready to serve, heat to a simmer, add the halibut first, allow to simmer for about one minute, then add the cod and cook for another minute. Then add the scallops and shrimp. If you stir, do it gently so you don't break up the tender fish. Add clams and serve.

ROUILLE: Peel garlic and crush in a garlic press or mash and mince with a chef's knife. Sprinkle garlic with the salt and mash in a mortar and pestle until garlic becomes a puree. Place egg yolk, lemon juice, garlic paste, pepper and saffron in a bowl of the food processor. Process and scrape down sides of bowl. Repeat. With motor running, very slowly pour in olive oil. Process until mixture has thickened. Adjust sauce to taste with additional lemon juice and/or salt. Mix in red bell pepper (or you may substitute pimiento peppers). Spread thickly on toasted crouton slices and place on top of hot soup.

*Carbohydrates.*  
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