

# Chicken Bouillabaisse with Spicy Garlic Rouille

*Adapted from a Phillis Carey recipe*



## Servings: 7

### SOUP:

1/4 cup olive oil  
1 whole onion, finely chopped  
1 cup celery, diced  
8 whole chicken thigh without skin, boneless  
14 1/2 ounces diced tomatoes, canned  
2/3 cup red bell pepper, diced  
2 cups chicken broth  
1/4 cup vermouth  
2 whole garlic cloves, peeled  
1 teaspoon dried thyme  
1/2 teaspoon fennel seed  
1 strip orange peel  
1 whole bay leaves  
1/2 teaspoon saffron  
2 medium potatoes, White Rose (optional)  
4 whole carrots  
14 thin slices of baguette, toasted  
Salt and pepper, to taste

### ROUILLE:

1/4 cup liquid from soup pot  
1/4 teaspoon saffron, crumbled  
2 whole garlic cloves, parboiled  
3/4 cup French bread, crustless, cubed  
2 teaspoons Dijon mustard  
1/3 cup red bell pepper, diced  
1/3 cup mayonnaise  
1/2 cup extra virgin olive oil  
Salt and cayenne pepper to taste

## Preparation Time: 40 minutes

1. SOUP: heat olive oil in a large pot and sauté onion for about 5 minutes or until softened. Add chicken pieces, cut in 3/4 inch cubes, and toss for 2 minutes to brown, but not cook through. Add canned tomatoes, broth, wine, garlic, saffron and herbs. Then add carrots, bell pepper and potatoes (if using), season to taste with salt and pepper and bring to a simmer. Lower heat, cover and cook until chicken and vegetables are cooked through, about 30-45 minutes.  
2. To serve: place 2 toasted baguette slices in each soup bowl. Ladle soup on top and then drizzle with the rouille.  
3. ROUILLE: During the soup cooking time, ladle out the 1/4 cup of soup liquid into a 2-cup bowl, then add the saffron and garlic. Let stand for 5 minutes. Add the cubed bread and let stand for at least 10 minutes to allow bread to soften and absorb the liquid. Place mixture in a food processor and puree. Add the mustard, red bell pepper and mayonnaise, then puree again. Drizzle in the oils until an emulsion forms. Season with about 1/2 teaspoon salt and a dash of cayenne or to taste.  
NOTE: You'll have leftover rouille, most likely. If so, drizzle it on hot broccolini that has been steamed or roasted.

*No fish or seafood - but the similar soup made with chicken. Made my way it isn't quite authentic, but then chicken bouillabaisse isn't authentic, either.*

---

Per Serving (excluding unknown items): 617 Calories; 34g Fat (49.7% calories from fat); 39g Protein; 38g Carbohydrate; 5g Dietary Fiber; 156mg Cholesterol; 742mg Sodium; 8g Total Sugars; 0mcg Vitamin D; 78mg Calcium; 4mg Iron; 1088mg Potassium; 420mg Phosphorus. Exchanges: 10 1/2 Grain(Starch).