

# Fish Soup Provencal

Dairy Hollow House Soup and Bread, by Crescent Dragonwagon

Internet Address:



## Servings: 6

*I used filet of sole, halibut and a package of frozen mixed shellfish (shrimp, scallops, calamari) for the bass, catfish or trout suggested*

4 cups fish stock, or Chicken Stock or bottled clam juice

1 1/2 cups dry white wine

juice of 1 lemon

3 whole cloves

3 whole black peppercorns

3 whole allspice berries

1 whole bay leaf

1 teaspoon fennel seeds

skin of 1 large onion

1/2 teaspoon salt

1/8 teaspoon cayenne pepper

1/4 teaspoon dried dill

2 1/2 pounds fish, bass, catfish or trout, cleaned and cut into pieces

Tomato sauce:

1/4 cup olive oil

1 large onion, finely chopped

2 medium carrots, scrubbed and finely chopped

2 ribs celery, \*see Note

1 large shallot, peeled, chopped [my addition]

2 cups canned tomatoes, drained and coarsely chopped [I used the juice]

grated zest of 1/4 orange

3 cloves garlic, peeled

4 large fresh basil leaves (4 to 5)

tiny pinch of cayenne pepper

1 teaspoon honey, or sugar

1 tablespoon tomato paste

1 cup dry white wine

salt and freshly ground black pepper to taste

For serving:

2 1/2 cups cooked rice

finely chopped fresh Italian parsley and/or fresh basil leaves for garnish.

*Serving Ideas: Serve with toasted bread - either on the side, or put it on top of the fish*

1. In large skillet, combine all the ingredients in the first list except the fish and bring to a boil. Add the fish, turn the heat down to low, and barely simmer, covered. Poach the fish until it is firm and done, 6-8 minutes unless the fish pieces are thicker than 3/4 to 1 inch (in which case cooking will take a little longer).
2. Pour stock and fish into a colander set over a bowl; reserve both stock and fish. Discard the whole spices and the onion skin. When the fish is cool enough to handle, skin the pieces and pull out the bones; reserve the flesh.
3. Prepare the tomato sauce: In a large skillet, heat the oil over medium heat. Add the onion and saute until lightly softened, about 3 minutes. Add the carrots and celery and saute another 3 minutes. Put the tomatoes, orange zest, garlic, basil, cayenne, honey, and tomato paste in a food processor and process until the leaves are fairly chopped and the tomatoes are a chunky puree. Add this mixture, plus the wine, to the sauteed vegetables. Cook, stirring often, over medium-high heat for 10 minutes.
4. Fifteen to 20 minutes before serving, combine the broth and tomato sauce and simmer gently for 5-10 minutes. Taste; correct the seasoning with salt and pepper. Meanwhile have your soup bowls or cups ready, heated, if possible. In each bowl place a serving of the rice, and a generous amount of the poached fish pieces. Ladle the piping hot soup over the rice and fish (if the soup is hot enough, you won't have to worry about reheating the rice or fish). Garnish with the chopped parsley or basil and serve at once.

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Per Serving (excluding unknown items): 378 Calories; 14g Fat (42.4% calories from fat); 5g Protein; 39g Carbohydrate; 5g Dietary Fiber; 11mg Cholesterol; 514mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

*soup when served.*

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>