

SO MUCH TO SEA...

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Shetland Seafood Bouillabaisse

Recipe by James Martin

Serves 6

Ingredients:

1.75kg / 4lb Shetland fish – see below	2 sticks finely chopped celery
450grms/ 1lb Shetland Mussels debearded and cleaned (optional)	2 dry bay leaves
2 finely chopped onions	2 sprigs of thyme
4 finely chopped cloves garlic	1 large orange zest only
150 ml olive oil	200ml dry white wine
2 x 400gm tins chopped tomatoes	2 pints fish stock (either freshly made or stock cubes)
1 bulb finely chopped fennel	Juice of 1 lemon

Method:

This is a simplified version of what can be a rather tricky dish.

The fish; prepare and dice approx 1 inch square mixture of whatever is in season using cod, haddock, gurnard, squid, monks, or other firm meaty white fish. Mussels are great in this dish if everybody is ok with them.

In a large saucepan put the oil, onion, garlic, fennel and celery and thyme. Heat this gently for around 10 mins until the onion is soft.

Add the orange zest, lemon juice, bay leaves and white wine.

Let this boil for around 5 minutes until the alcohol has burned off.

Add the chopped tomatoes and the fish stock and gently bring to the boil. Let it simmer for 15 mins.

Check the flavour of the brew and season with salt and freshly ground black pepper if necessary.

If you want it thinner add more fish stock or if you prefer it thicker let it boil for 5 minutes more uncovered

Gently add the fish (and mussels if using) to the brew and let this simmer for around 5- 8 minutes until the fish is cooked.

Serve with crusty bread and really savour the seas of Shetland.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust