

Marlborough Sounds Bouillabaisse

1 Onion or small leek, 2 cloves garlic, ½ a small red chili, 1 small potato, 2 fresh bay leaves, few sprigs fresh thyme, a small fennel, 6 tomatoes or a can of diced tomatoes, 50mls olive oil, Marlborough sea salt and black pepper

A good pinch of local saffron

The seafood

The amount of seafood obviously depends on the success of the day but the aim is to use what has been caught, the varieties or amounts will not diminish the aim or enjoyment of the dish

To serve Four a good mix would be;

4 fillets from a couple of monkfish

4 Gurnard fillets or Blue cod fillets some scallops, mussels or oysters as available

Cut the fillets into good thick bite size pieces, scrub the mussels.

Dice the onion, the potato, fennel, chili and the garlic, put into a large pan along with the olive oil, fry gently, finely dice the potato and add, pour over a small glass of water, add the saffron, chop the tomatoes and add. Put in the herbs, a little Marlborough sea salt and some freshly ground black pepper

Simmer for 6-8 minutes, add more water if the mix reduces too much, Put in the mussels and cover, when they start to open, put in the fish fillets, Simmer 5 minutes and add the scallops, simmer two minutes and add the oysters, The idea of this is not to over cook the seafood. Taste and adjust seasonings required.

Place the whole saucepan onto the middle of the table and place in it a ladle, serve with some toasted garlic bread and if you have a little aoli Pour some large glasses of Chardonnay and reflect on the day!