



# FISH SOUP

## INGREDIENTS

1kg mixed fish, approx. 50g pieces (sea bass, plaice, cod, sole, haddock, salmon, tuna)

6 cherry tomatoes

½ltr fish stock

½ltr shellfish stock

¼ltr Country Range White Cooking Wine

2 tsp Country Range Garlic Purée

6 fresh basil leaves

2 tbsp Country Range Chopped Tomatoes

½ lemon

4 carrots, peeled and finely chopped

½ leek, peeled and finely sliced

½ fennel bulb, finely chopped

2 Country Range Star Anise

good splash of olive oil

salt and pepper to taste

## METHOD

1. Pre-heat the oven to 170°C/325°F/Gas Mark 5.
2. Place a splash of oil into a hot medium-sized saucepan. Fry the fennel, carrot and leek for 4-5 minutes until golden brown.
3. Add the chopped tomatoes and white wine. Heat, then reduce by half. Add the stock, bring to the boil and reduce by half; this intensifies the flavour.
4. Simmer for 15 minutes then add the garlic purée and star anise.
5. Simmer for a further 10 minutes, remove from the heat and blend until smooth. Leave to one side.

6. Place the fish onto a lightly greased tray, season and bake in the oven for 6-8 minutes. Remove from the oven and squeeze lemon juice over the fish.
7. Place the fish sauce into a bowl with the fish on top. Rip the pieces of basil and decorate with halved tomatoes.
8. Serve garnished with croutons topped with saffron garlic mayonnaise.