



## Rhode Island Bouillabaisse

Recipe by: Chef Matthew Britt, CEC

Yield: 8 servings

*Bouillabaisse is a traditional fish stew from the south of France. It combines the bold flavors of saffron, fennel, and tomatoes and pairs them harmoniously with local seafood.*

### *For the stock*

2 whole scup or other flaky white fish, bones only  
2 carrots, scraps only  
3 stalks celery, scraps only  
1 ½ large white onions, scraps only  
1 medium lemon, cut in half  
¼ cup white wine  
1 bay leaf  
1 ½ gallons cold water  
8-10 saffron threads

### *For the rouillé*

½ tablespoon olive oil  
½ large white onion  
1 clove garlic, peel reserved for stock  
¼ cup white wine  
4-5 saffron threads  
1 cup mayonnaise  
1 small baguette  
Olive oil, enough to brush bread  
Kosher salt, to taste

## Method of Preparation

1. Preheat oven to 350 degrees in preparation for baking the bread.
2. Fillet the fish and reserve the bones for the stock and the fillets for the stew. Discard the skin.
3. Cut the onions, carrots, celery and garlic listed for the stew, reserving the scraps for the stock.
4. Combine the fish bones, vegetable scraps, lemon, wine and bay leaf in a medium stock pot and add the water. Bring to a simmer and cook for 30 minutes. Remove from the heat and add the saffron. Stir and let sit for five minutes. Strain and reserve until ready to add to the stew.
5. While the stock is simmering, prepare the rouillé. In a small sauce pot, heat the half a tablespoon of olive oil over medium heat. Then add the onion and garlic. Using a wooden spoon cook for three minutes, stirring until mixture becomes translucent. Add the white wine and reduce by half. Add the saffron and remove pot from the heat.
6. Using a spatula, combine the mixture with the mayonnaise in a blender and puree until smooth.
7. Season with kosher salt and store in the refrigerator until ready to serve.
8. **For the bread**, slice the baguette into quarter-inch-rounds and place onto a baking sheet without overlapping. Using a pastry brush, brush each baguette slice with olive and bake until golden brown. Remove the crisp baguette slices from the oven and allow to cool.

*Recipe continues on next page....*



*Chef Matthew Britt* worked at top restaurants in Boston and Washington, DC, before joining the faculty of Johnson & Wales University, Providence, R.I., where he challenges his students to incorporate global flavors into local New England foods while focusing on nutrition and sustainability. Of special interest to him is the diverse and underutilized seafood species within the Rhode Island region.

9. ***To prepare the stew***, place two tablespoons of olive oil into a medium stock pot over medium heat. When oil is hot, add the onion, carrot, celery and fennel reserved earlier from making the stock. Using a wooden spoon sauté the vegetable for 5-7 minutes or until they begin to soften. Add the garlic and continue to cook for another two minutes, stirring frequently.
10. Add the white wine and reduce by half.
11. Add the chopped tomato and fish stock prepared earlier. Simmer for 20 minutes. Drain the diced potatoes and add them to stew. Continue simmering until the potatoes are fork tender.
12. Add the fish fillets and cook until they start to flake.
13. Season the stew with kosher salt and ground black pepper, adjusting to taste. Add lemon juice as needed.
14. ***When ready to serve***, ladle the stew into eight large bowls distributing equal amounts of fish, potatoes and vegetables per serving.
15. Spread the rouillé onto the crisp baguette and place along the rim of the bowl.
16. Garnish the stew with parsley and fennel fronds.