

# BEECH OVENS



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## Bouillabaisse

Name of dish:	Oven Baked Bouillabaisse	
Cooking Temperature:	250°C	
Cooking method:	Sauté/Baking	Preparation Time:20mins
Number of portions:	4	Cooking Time:10mins
		Time total:30mins



### Ingredients

Item	Amount	UOM- Kg/MI/Each		
Fish pieces (assorted)	600	g	1	Heat half the oil in a pan and sauté the shallots and garlic.
Mussels	200	g		
Saffron	20	strands	2	Add capsicum, fennel, celery and tomato Concasse.
Orange zest	½	orange		
Fennel (finely diced)	60	g	3	The rest of the oil is added with the orange zest and thyme. Gently cook to release their flavours.
Shallots(finely diced)	150	g		
Garlic	60	g		
Olive Oil	200	ml	4	Add the wine and saffron and simmer for 5 minutes in the oven.
Celery(finely diced)	50	g		
Capsicum(finely diced)	50	g	5	The fish stock is poured in and then the largest pieces of fish.
Tomato concasse	50	g		
Thyme leaves	10	g	6	Partially cook then add the smaller pieces and the mussels.
Salt/Pepper		to taste		
Fish Stock	500	ml	7	Return pan to the oven and bake until mussels have opened.
White wine	150	ml		
			8	Season to taste.