

# Beech Ovens Recipe Library

## Bouillabaisse, Saffron Aioli

Name of dish: Bouillabaisse, Saffron Aioli

Number of portions: 4



Recipe Courtesy of Chef Grant MacPherson, Scotch Myst.  
<http://www.scotchmyst.com>

### **Bouillabaisse:**

4 Cups or 1 Litre Fish Stock  
 227g Red Snapper Bones and Head  
 450g Shrimp, Lobster or Crab Shells  
 4 Tomatoes, Coarsely Chopped  
 2 Onions, Coarsely Chopped  
 1 Fennel Stalk, Coarsely Chopped  
 1 Celery Stalk, Coarsely Chopped  
 1 Carrot, Coarsely Chopped  
 4 Garlic Cloves, Chopped  
 ½ Cup or 125ml Pernod

### **Seafood:**

2 Tablespoons or 30ml Olive Oil  
 2 Cloves Garlic, Finely Chopped  
 1 Large Leek, Chopped  
 4 Sea Scallops  
 4 (10/20-Size) Cultured Black Mussels  
 170g Lobster Tail  
 113g Red Snapper, Cut into pieces

### **Saffron Aioli:**

113g Mashed Potatoes  
 5 Egg Yolks  
 1 Large Garlic Clove  
 1 Teaspoon or 2g Saffron Threads  
 1 Tablespoon or 15ml Vegetable Oil  
 Salt and Ground White Pepper

### **Garnish:**

Fried Leeks  
 Chopped Parsley

### **Method:**

- Prepare Bouillabaisse: In 4.7 Litre saucepot over high heat, bring fish stock, red snapper, shellfish shells, tomatoes, onions, fennel, celery, carrot, garlic, and pernod to a boil. Reduce heat to low. Cover, and cook 2 hours, stirring occasionally. Strain mixture. Reduce seafood mixture until mixture is reduced by half and thick.
- Prepare seafood: In 4.7 Litre saucepot in hot oil, cook garlic and leeks for 5 minutes. Add scallops, mussels, lobster, fish and fish broth. Over high heat, bring to a boil; reduce heat to low and simmer 5 minutes or until fish flakes easily.
- Prepare Saffron Aioli: In food processor, blend mashed potatoes, egg yolks, garlic and saffron until mixture is combined. While the machine is running, slowly add oil; process until mixture is the consistency of mayonnaise.

### **Presentation:**

Spoon Fish mixture into large shallow serving bowls.  
 Garnish with Fried Leeks and Chopped Parsley.  
 Serve with Saffron Aioli.