

# Creel Bouillabaisse Stravaigin



## You Will Need

### For the Broth:

- 1 roughly chopped onion
- 1 roughly chopped bulb of fennel
- 3 roughly chopped carrots
- 3 roughly chopped sticks celery
- 1 bulb of garlic, split in half
- 2 litres fish stock or langoustine stock
- 250ml white wine
- 500ml orange juice
- 1 large can chopped tomatoes
- 1 tablespoon fennel seeds
- 1 tablespoon coriander seeds
- 1 tablespoon cumin
- 1 packet of tarragon
- 1 sprig of rosemary
- 1 sprig of thyme
- 6 bay leaves

### For the Bouillabaisse:

- 200g peeled baby potatoes
- 1 bulb fennel – sliced into 6 pieces, lengthways, roasted in olive oil.
- 200g wild garlic
- 12 large langoustine – split lengthways
- 200g squat lobsters
- 200g mussels and/ or clams
- 6 crab claws, cracked



## Directions:

Serves 6-8

### Broth Method:

In a large saucepan heat a little vegetable oil, add the vegetables and fry for 5 minutes. Add the stock, white wine, orange juice and tinned tomatoes and bring to the boil. Turn the heat down to a gentle simmer. Skim and discard any fat floating on the surface with a ladle. Add the fennel, coriander and cumin seeds. Simmer for 30 minutes. Add the herbs then remove from the heat. Leave for 10 minutes to infuse and cool. Strain through a fine sieve. Season to taste with a little salt.

### Bouillabaisse Method:

Pre heat oven to 200c

Place bouillabaisse broth in a large saucepan and add the baby potatoes.

Bring to the boil, then turn down to a gentle simmer, leave for 5 minutes.

Add crab claws; simmer for a further 8 minutes. Add the squat lobsters, shellfish and fennel and cook for a further 5 minutes, until all the mussel shells have opened.

Whilst this is cooking place the langoustine on a baking tray, drizzle with olive oil and bake in the oven for 4 minutes. Sauté the wild garlic in a large frying pan.

To Serve

Divide the seafood and sautéed wild garlic into large pasta type bowls, add a liberal helping of the broth and arrange the langoustines in the middle on top as the centerpiece. Serve with crusty bread. Enjoy!