

Zuppa di Pesce

Serves 6

Ingredients

300 g white flesh fish cut into bit size pieces
150 g prawns peeled
100 g scallops
150 g calamari, sliced
1 kg mussels de bearded
1kg vongole (clams) soaked in water
1 loaf sour dough bread sliced
½ cup olive oil
800 ml fish stock

1 large onion diced
2 sticks celery diced
1 large carrot diced
800 g crushed tomato's
250 ml white wine
parsley, finely chopped
6 cloves garlic
sea salt and pepper
6 anchovies, chopped

Method

In a large heavy based saucepan add the olive oil and sweat off the onions, carrot and celery, season with some sea salt and pepper. Cook the mirepoux of vegetables for about 15 minutes until they become soft and slightly coloured. Add in the canned tomatoes, fish stock and anchovies, continue to cook the sauce on a low heat for about an hour. Meanwhile in a separate heavy based pot heat half of the white wine and then add in the vongole, cover with the lid and move the pot around frequently and then check to see that all the vongole have opened up. Strain the vongole and reserve the juice. Repeat the process with the mussels, they should only take about 3 minutes of cooking for all of them to open up, once again strain and reserve the stock. Add this stock to your tomato pot.

You are now only about 5 minutes of the finished soup, so start to grill your bread under a salamander. Add the fish pieces first to the pot, followed by the prawns and then the scallops and calamari. Lastly mix the mussels, vongole and parsley through and serve in a couple of big bowls in the center of the table.

Place the grilled bread on the table, with the whole peeled garlic next to it the extra virgin olive oil. Tell your guests to place a piece of bread in the base of the soup bowl and pour a little extra virgin olive oil on top and then rub the garlic on the bread, top with the fish soup.

