Fish Soup

Small - served in side salad bowl Large- served in village salad bowl
Croutons-served on the side



Small Bowl; Large Bowl | Contains Fish - Gluten - Celery

INGREDIENTS

- Olive Oil
- 750g Chopped Onion
- 45g Garlic
- 500g Celery Chopped
- 1.2kg Tomatoes Chopped
- 1.2kg Potatoes cut into 2cm chunks
- 4 Bay Leaves
- 120g Fish Stock
- 6 Litres Water
- 250g Tomato Paste
- 30g Salt
- 5g black pepper
- 2kg Fish Fillets/Off Cuts
- Juice of 2 Lemons plus zest
- 1 Bunch Parsley chopped
- 1 Bunch Dill Chopped

METHOD

1. Heat some olive oil in a large pan on a medium heat.
2. Add the onions and celery and cook for 5 minutes, then add the garlic and cook for another 5 minutes, stirring occasionally, until soft but not coloured.
3. Add the tomatoes, potatoes and bay leaves and pour in the stock.
4. Season with salt and pepper and bring it all to the boil.
5. Reduce to a low heat and simmer for 15 minutes.
6. Add your fish fillets and bring back to the boil, then reduce to a medium-low heat and simmer for a further 15 minutes, until the potatoes are tender and the fish is cooked through and flakes apart.
7. Stir in the lemon juice and herbs, drizzle with olive oil and serve.

EQUIPMENT

- Boiler Table
- Knife
- Spoon

NOTES

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