

MODERN bouillabaisse

Photography by Adam Illsley

Yield: 8 servings

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Ingredients:

Bouillabaisse consommé

(recipe follows)

Bouillabaisse vegetables

(recipe follows)

Rouille (recipe follows)

Bouillabaisse proteins

(recipe follows)

Reserved nori

seaweed dust

Reserved squid ink

brioche "Melbas"

Reserved fennel fronds

Reserved basil buds

Reserved basil oil

Method: Prepare all components—consommé, vegetables, rouille and proteins—as instructed below. **To Plate:** Warm 8 Crucial Detail Dune plates. Reheat cooked proteins and vegetables. Drain confit oil from potatoes; sprinkle glittery nori dust over potatoes. Arrange mixture of vegetables and proteins in opposite concave dips in plates. Garnish protein and vegetables with squid ink brioche "Melbas," dots of rouille, fennel fronds and basil buds. Bring

bouillabaisse consommé to a simmer; fill pools of plate with consommé. Prior to service, dot surface of consommé with basil oil.

bouillabaisse consommé

Fish Fumet Ingredients:

4 **leeks**, white and light green parts only, sliced
 1 **fennel bulb**, small diced
 2 **parsnips**, small diced
 3 **celery** ribs, sliced
 150 grams **white mushrooms**, sliced
Salt, to taste
 10 grams extra virgin **olive oil**
 250 ml dry **white wine**
 2.25 kg **white fish bones** (i.e., monkfish, snapper, black cod), rinsed
 2 **bay leaves**
 5 **sprigs** thyme
 1 clove **garlic**
 5 **parsley** stems
 10 **black peppercorns**

Method: In medium-sized stockpot over medium-low heat, sweat leek, fennel, parsnip, celery and mushrooms with a pinch of





salt in olive oil. Do not allow vegetables to caramelize. Once tender, deglaze pot with white wine; reduce au sec. Add fish bones, bay leaves, thyme, garlic, parsley and peppercorns. Sweat 1-2 minutes; cover with 3 inches cold water. Bring to a simmer; reduce to lazy bubble. Skim impurities from surface. After 45 minutes, strain fish fumet. Reserve.

Lobster Ingredients:

- 2 small live **lobsters**
- 1 **lemon**, cut in half
- 10 **cilantro** stems
- Fish fumet**, as needed

Method: Separate tails and claws from lobsters; reserve in small bowl. Twist middle fantail on lobster tail; remove intestine. Clean lobster bodies; rinse shells. Reserve. In saucepot, add lemon halves, cilantro and fish fumet (enough to cover tails and claws). Bring to a rolling boil. Remove from

heat; dump fumet over tails and claws. Keep claws in hot liquid for 4 minutes. Keep tails in hot liquid for 6 minutes. Immediately shell lobster meat; clean. Reserve. Keep cooked shells for shellfish stock. Strain; reserve fumet used to cook lobsters.

Mussels and Clams Ingredients:

- 100 ml dry **white wine**, divided
- 2 **shallots**, sliced, divided
- 200 grams **PEI mussels**, debearded, scrubbed
- 200 grams **littleneck clams**, scrubbed

Method: In small saucepot, combine 50 ml white wine with 1 sliced shallot. In another saucepot, combine remaining white wine with remaining shallot. Bring each pot to a boil; add mussels to one pot and clams to the other. Immediately cover pots. Once shells open, remove

pots from heat. Allow mussels and clams to cool in broth. Once meat is cool, remove from shells; reserve separately. Keep shells and broth for shellfish broth.

Shellfish Broth Ingredients:

- Reserved raw and cooked **lobster shells**
- Reserved **mussel shells**
- Reserved **clam shells**
- 125 grams whole **shrimp**
- 6 **shallots**, sliced
- 1 large **carrot**, small diced
- 2 **celery ribs**, sliced
- ½ **fennel bulb**, small diced
- 1 clove **garlic**, smashed
- 2 large ripe **tomatoes**, diced
- 10 grams **tomato paste**
- 75 ml **Pernod**
- 250 ml dry **white wine**
- 15 grams extra virgin **olive oil**
- 15 black **peppercorns**
- 2 **bay leaves**
- 5 sprigs **thyme**
- 5 **parsley** stems
- 5 grams **fennel seeds**, toasted

- 5 grams **coriander seeds**, toasted
- Reserved **mussel broth**
- Reserved **clam broth**
- Reserved **lobster cooking liquid**
- Reserved **fish fumet**, as needed

Method: In medium-sized stockpot, roast lobster shells, mussel shells and clam shells (without broth) and whole shrimp until lightly caramelized and fragrant. Add shallot, carrot, celery, fennel and garlic; sweat for 3 minutes. Add tomatoes; cook until soft. Stir in tomato paste; cook until tomatoes smell sweet and are faintly caramelized. Deglaze with Pernod; cook au sec. Add white wine; reduce by half. Add olive oil, peppercorns, bay leaves, thyme, parsley, fennel seeds and coriander seeds; cover with reserved mussel and clam broth, lobster cooking liquid and additional fish fumet. Bring

to a simmer; reduce to a lazy bubble. Stir frequently to keep from scorching bottom of pot. Once liquid has reduced by one-third, strain shellfish broth through a fine mesh chinois, pressing on solids to extract as much flavor as possible.

Shellfish Consommé

Ingredients:

- 1 kg **shellfish broth**
- 10 grams **agar-agar**

1. In saucepot, add shellfish broth and agar-agar. Over medium-low heat, bring to a boil; whisk constantly to prevent agar from scorching or sticking to sides of pot. While whisking, simmer for a few minutes to ensure that agar-agar is completely hydrated. Pour into hotel pan; freeze.
2. Line perforated ½ hotel pan set over a deeper ½ hotel pan with double layer of damp cheesecloth.
3. Break up frozen shellfish broth; set on cheesecloth.
4. Place in refrigerator; allow broth to slowly defrost over several hours.
5. Once broth has completely defrosted, reserve clear broth caught in hotel pan; discard gel that contains all solids.

Tomato/Saffron Water

Ingredients:

- 225 grams **plum tomatoes**, cored, roughly chopped
- 1 small **shallot**, sliced
- 1 clove **garlic**, smashed
- 10 black **peppercorns**
- 5 grams **sugar**
- 5 grams **white wine vinegar**
- Salt**, to taste
- 3 **basil stems** (reserve buds and small leaves for service)
- 3 **cilantro stems**
- 1 large pinch **saffron**

1. Combine tomatoes, shallot, garlic, peppercorns, sugar, white wine vinegar, salt, basil and cilantro in large bowl; marinate for 1 hour.
2. Pulse in blender until just coarsely blended. Line chinois with damp coffee filter. Pour tomato mixture into coffee filter; allow liquid to drain.
3. After 1-2 hours, discard solids; reserve resulting tomato water. Add tomato water and saffron to small saucepot; bring to a simmer. Immediately remove from heat. Allow liquid to cool; strain once more through coffee filter.

Finished Bouillabaisse

Consommé Ingredients:

- 250 ml **shellfish consommé**
- 250 ml **tomato/saffron water**

Method: Combine shellfish consommé with tomato/saffron water. Adjust



seasoning. Heat; hold for service.

Basil Oil Ingredients:

- 100 grams bright green **basil leaves**
- 125 ml **grapeseed oil**

1. In salted, boiling water, blanch basil leaves for 15 seconds. Shock basil leaves in ice bath. Once cool, remove; squeeze as dry as possible. Roughly chop basil leaves; add to blender jar. Add grapeseed oil; process on high until mixture looks bright green. Transfer mixture to dark container; cover with plastic wrap and foil to block light. Allow basil to infuse oil with flavor and color for 2 hours.
2. Transfer basil mixture to coffee-filter-lined conical sieve set over another dark container. Once container has collected resulting bright green

basil oil, transfer to squeeze bottle. Wrap bottle in foil to block light. Hold for service.

bouillabaisse vegetables

Potato Ingredients:

- 1 yellow-fleshed **potato**
- Extra virgin **olive oil**, as needed
- 1 clove **garlic**, smashed
- 3 sprigs **thyme**
- Salt**, to taste
- 4 sheets **nori seaweed**, torn into small pieces

Method: Using No.14 parisienne scoop, make balls from raw potato. Place potato balls in small saucepot; cover with olive oil. Add garlic, thyme and salt. Place over low heat. Allow potatoes to slowly confit until just tender. Remove from heat; allow potatoes to cool down in oil. Meanwhile, in jar of dry blender, add nori seaweed;

blend on high until coarse powder. Reserve glittery nori seaweed flakes separately for service. Reheat potatoes in reserved confit oil for service.

Tomatoes Ingredients:

2 ripe **plum tomatoes**
 2 ripe **yellow tomatoes**
Salt, to taste
 Extra virgin **olive oil**

Method: Core each tomato; score a shallow x along bottoms. Blanch in boiling water; shock in ice bath. Peel tomatoes; seed tomatoes. Using small circle cutter, punch out small rounds from flesh of each tomato. (You may reserve scraps for tomato/saffron water.) Season with salt; dress with olive oil. Hold for service (serve at room temperature).

Micro Fennel Ingredients:

25 grams **micro fennel bulbs**, fronds removed and reserved for service
Salt, as needed

Method: Blanch micro fennel in boiling, lightly-salted water until crisp-tender. Shock in ice bath; drain. Reserve. Blanch quickly in boiling water for service.

Sea Beans Ingredients:

25 grams **sea beans/salicornia**

Method: Blanch sea beans in boiling unsalted water; shock in ice bath. Remove

any dark or bruised pieces. Blanch quickly in boiling water for service.

Pearl Onion Petals

Ingredients:
 10 white **pearl onions**
 1 **bay leaf**
 10 black **peppercorns**
 1 clove **garlic**
Salt, to taste

Method: Peel pearl onions, keeping shape and root intact. Quarter onions. Place in small saucepot with bay leaf, peppercorns and garlic; cover with water. Season with salt; bring to a boil. Reduce to a simmer. Simmer onions until tender and translucent. Strain off onions; discard liquid and aromatics. Blanch quickly in boiling water for service.

squid ink brioche "melbas" and rouille

Squid Ink Brioche "Melbas"

Ingredients:
 50 grams **whole milk**, 115°F
 7 grams active **dry yeast**
 80 grams **sugar**, divided
 538 grams **bread flour**
 14 grams **salt**
 75 grams **whole milk**, 70°F
 215 grams **whole eggs**, whisked, 70°F
 270 grams **unsalted butter**, diced, chilled but pliable, divided
 15 grams **squid ink**

1. In small bowl, combine 115°F whole milk with yeast and 20 grams sugar. Place in warm



area; allow yeast to bloom for 10 minutes. In another bowl, sift together flour, salt and remaining sugar. In another bowl, combine 70°F whole milk and eggs. Transfer bloomed yeast mixture to bowl of stand mixture fitted with dough hook. Add dry and wet ingredients; mix on low speed until incorporated. Once homogenous mass forms, add in 1/3 butter on medium-low speed. Once incorporated, add another 1/3. Repeat until all butter is fully incorporated. Bring mixer to medium speed; knead dough for 10-15 minutes. Do not allow mixture to rise above 80°F or butter will separate. (Wrap outside of mixer bowl with ice towels, if necessary.) Once gluten is fully developed, mix in squid ink until mass of dough is black. Flour surface; drop dough on top. Cover loosely

with plastic wrap; allow brioche to bulk ferment for 45 minutes.

2. Transfer dough to flour-dusted sheet tray; spread dough. Cover with plastic wrap; refrigerate for at least 1 hour.
3. When ready to bake, preheat convection oven to 365°F. Handling dough as little as possible, shape into Pullman loaf pan, seam side down. Allow dough to proof, doubling in size.
4. Bake brioche for 15-20 minutes, or until hollow sounding.
5. Remove baked bread from pan; cool completely.
6. Wrap bread; freeze.
7. Once frozen, thinly slice squid ink brioche on meat slicer. Toast in salamander. Break into small curls. Reserve for service.

Rouille Ingredients:

- 2 roasted **piquillo peppers**, seeded
- 4 roasted **garlic** cloves
- 15 grams cooked **potato**
- 1 **egg yolk**
- 5 grams Dijon **mustard**
- 1 **lemon**, juiced
- Salt**, to taste
- Cayenne pepper**, to taste
- 250 ml **olive oil**

Method: In bowl of food processor, combine piquillo peppers, garlic, potato, egg yolk, Dijon mustard, lemon, salt and cayenne pepper. Begin to process; slowly drizzle in oil to create emulsion. Adjust seasoning. Pass rouille through a chinois. Reserve in small squeeze bottle.

bouillabaisse proteins

Ingredients:

- 100 grams big **squid fillet**
- Salt**, as needed
- Extra virgin **olive oil**, as needed
- 100 grams **red snapper fillet**, trimmed to attractive bite-sized pieces

- 100 grams **monkfish fillet**, trimmed to attractive bite-sized pieces
- 100 grams **black cod fillet**, trimmed to attractive bite-sized pieces
- 100 grams baby **squid tentacles**, long leg trimmed
- Reserved **fish fumet**, as needed
- Reserved **lobster meat**, trimmed to attractive bite-sized pieces
- Reserved **clam bellies**
- Reserved **mussel bellies**

Method: Score big squid fillet in crosshatch pattern. Season with salt; saute in olive oil over medium heat, score side down. Once squid is golden-brown, flip. Remove; trim to desired bite-sized pieces. Gently poach fish fillets and baby squid tentacles in fish fumet until almost done. Add lobster meat, clams and mussels; reheat. Remove ingredients when fish is just cooked through and shellfish is just hot. Drain on paper towels.

