

Chef's Recipes #9: Seafood Soup

Ingredients (Good for 4 people)

1 liter fish stock *(Alternatively, do it yourself from celery, carrot, onion chunk and fish bones or trimmings. Please see below)*

A medium size crab

100 gm mussels

100 gm clams

100 gm prawn (cleaned)

100 gm salmon slices

100 gm calamari slices

100 gm chopped onion

30 gm chopped garlic

200 ml tomato sauce

100 gm cherry tomato (cut into half)

2 slices of bread

2 gm basil leaves

1 mg saffron

1 whole garlic clove (cut in half)

2 tablespoons of butter

Chili flakes

Salt

Black pepper

Oregano

Method:

1. To prepare the fish stock, bring a liter of water to a boil, before adding the celery, carrots, onion chunks and fish bone that you can get for free from the fishmonger. Bring the heat down to a simmer.
2. In a separate large pan, heat up the olive oil before adding some butter, chopped onion and chopped garlic.
3. Cook gently until it smells.
4. Add the mussels, clams, cleaned prawn, salmon slices, calamari slices and crab.
5. Stir gently, so that you do not break the salmon slices.
6. Season it with some salt, black pepper, basil leaves, saffron oregano and chili flakes.
7. Add the tomato sauce, a few scope of fish stock, cherry tomatoes.
8. Stir and cook the soup for about 5 minutes.
9. Meanwhile, scratch half of the garlic clove on the bread. Sprinkle some olive oil and grill or pan fry it.
10. Once the soup is cooked, serve it with the grilled bread.

