

Hubertus Real

Char bouillabaisse with crispy ciabatta croutons

Serves 4



Ingredients

Fish stock

150 g white Mirepoix
40 g olive oil
500 g char bones
1.6 l water
herb sachet
white wine
salt & pepper
bayleaf, cloves

Char bouillabaisse

0.5 l fish stock
50 ml white wine
30 g carrot lozenges
30 g courgette lozenges
30 g celery lozenges
ground saffron
saffron strands
1 clove of garlic
lemon juice

Char fillets

300 g char fillets
4 slices of ciabatta, toasted
(1 mm thick)

Method

Fish stock

To make the fish stock, lightly coat the Mirepoix in olive oil, add the char bones and douse with white wine.

Add the water, bring to the boil briefly, add the herbs and allow to steep for 20 minutes.

Bouillabaisse

Strain and reheat the fish stock.

Add the white wine, garlic, saffron powder, lemon juice, salt and pepper and adjust the seasoning to taste.

Boil the vegetable lozenges and add to the bouillabaisse stock and the herbs.

Char fillets

Place the char fillets on a greased baking tray, season them and simmer in the oven, on a light steam setting, for one minute at 98°C.

To serve

Warm the vegetable lozenges and place them in the middle of soup bowls with the dill, other herbs and saffron.

Carefully cover with hot soup, lay the cooked fish on top and sprinkle the crispy ciabatta croutons over everything.

If desired, serve with garlic mayonnaise.