



Soupe de Poisson aux États Unis Sud

RECIPE COURTESY CHEF TAMIE COOK

SERVES 4-6

- 6 tablespoons butter
- 2 tablespoons olive oil
- 1 cup diced onion
- 1 cup diced fennel
- ½ cup diced celery
- ½ cup diced red bell pepper
- 1½ teaspoons kosher salt
- 1 tablespoon minced garlic
- ¼ cup tomato paste
- 2 teaspoons dried basil
- ½ teaspoon red pepper flakes
- ¼ teaspoon ground white pepper
- 3 bay leaves
- 1 tablespoon chopped fresh oregano leaves
- 1 tablespoon chopped fresh thyme leaves
- 1 14-ounce can crushed tomatoes
- ½ pound peewee potatoes, cleaned and cut in half
- 1 quart seafood stock
- 1 8-ounce bottle clam juice
- ½ cup white wine, such as sauvignon blanc
- 1 pound large shrimp (26 to 30) peeled and deveined
- 8 ounces halibut filet, skin removed and cut into 1-inch pieces
- 8 large scallops, foot removed
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup chopped fresh parsley

Serve
it Up

Place the butter and olive oil in a 6-quart Dutch oven and set over medium heat. Once the butter has melted, add the onion, fennel, celery, red bell pepper, and salt. Cook, stirring frequently, until the onions become translucent, but not browned, 5 to 6 minutes.

Add the garlic, tomato paste, basil, white pepper, red pepper flakes, and bay leaves and stir to combine. Cook until the garlic is fragrant, 2 to 3 minutes. Add the oregano, thyme, tomatoes, potatoes, stock, clam juice, and white wine, stir to combine and deglaze the bottom of the pot, scraping up any stuck bits. Bring the mixture to a simmer and cook until the flavors meld, 15 to 20 minutes. Taste and adjust the salt as needed.

Add the shrimp, halibut, and scallops and stir to combine. Cover and cook until the shrimp curl and the fish and scallops are opaque, 3 to 4 minutes. Remove from the heat, add the lemon juice, and stir to combine.

Garnish with fresh parsley and serve immediately.

