

Bouillabaisse | Sauce Rouille | Baguette

Cuisine: French

Food category: Fish



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH

Program steps

1	Steaming		Termination by time	00:02 hh:mm	99 °C	+ 50 %	
2	Hot air	100 %	Termination by time	00:05 hh:mm	180 °C	+ 100 %	
3	Combination	35 %	Termination by time	00:03 hh:mm	135 °C	+ 100 %	

Ingredients - number of portions - 10

Name	Value	Unit
bouillabaisse		
Name	Value	Unit
red mullet, fillet	250	g
St. Pierre, fillet	250	g
monkfish, fillet	250	g
Shrimps without head with shell, 8/12	20	pcs
Greenshell mussel meat in half shell	20	pcs
lemon corner	10	pcs
fresh dill	1	pcs
fresh tarragon	1	pcs
saffron threads	1	g
baguette slices	20	pcs
Garlic cloves	2	pcs
colorful vegetable julienne	700	g

Bouillabaisse Sud

Name	Value	Unit
onion	2	pcs
fennel	2	pcs
celery sticks	1	pcs
parsley root	2	pcs
Garlic cloves	5	pcs
white wine	500	ml

Directions

For the broth, coarsely dice the vegetables and sweat them in olive oil in a large pot until translucent. Add fish stock, white wine, Nolly Prat, and the canned tomatoes, stir well and bring to a boil. Now add the remaining spices and herbs and let the broth simmer gently for about 1 hour. After that, strain the broth through a fine sieve or cloth, season, and keep warm.

Portion the fish fillets into 25 g pieces. Peel the shrimp up to the tail, optionally remove the intestine and cut them butterfly-style. Thaw the pre-cooked and frozen mussel halves.

Steam the vegetable julienne in a perforated insert in the Retigo combi steamer at full steam for about 2-3 minutes and then cool down.

For the Sauce Rouille, mix the mayonnaise well with the remaining ingredients.

Toast the baguette slices in the Retigo combi steamer at hot air 180°C for about 5 minutes. Then rub with a clove of garlic, lightly salt, and set aside.

To serve, arrange one fish fillet, two shrimp, two mussels, and some vegetable julienne in a deep bowl and regenerate in the Retigo combi steamer at combi steam 135°C with 35% humidity for about 3 minutes. Now pour in the hot broth and garnish with lemon wedge, dill, tarragon, and

Name	Value	Unit
Nolly Prat	100	ml
fish stock	2000	ml
canned tomatoes chopped	500	g
bay leaf	5	pcs
juniper berries	8	pcs
a sprig of thyme	4	pcs
fresh tarragon, bunch	1	pcs
orange zest	1	pcs
Saffron	2	g
Salt	20	g
white peppercorns	15	pcs
4 tble spoons Olive Oil	50	ml

strands of saffron.

Serve the Sauce Rouille and the toasted baguette on the side.

Rouille sauce

Name	Value	Unit
mayonnaise	300	g
garlic paste	30	g
Lemon juice	20	ml
cayenne pepper	5	g
tomato puree	25	g
Saffron	1	g
Salt	5	g

Nutrition and allergens

Allergens: 3, 9, Fish, FPI, gluten, Shellfish
 Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Ph, Phosphorus, Potassium, Se, Selenium, Sodium, Sodium: 38758 mg, Zinc, Zn
 Vitamins: A, B, B12, B6, C, E, Folate, K, Kyselina listová, Niacin, Riboflavin, Thiamin, Thiamine, Vitamin B12, Vitamin B6, Vitamin C, Vitamin D

Nutritional value of one portion	Value
Energy	325.1 kJ
Carbohydrate	11.4 g
Fat	23.5 g
Protein	16.9 g
Water	167.5 g

Recommended accessories



Vision Express Grill



GN container Stainless steel perforated