

Rich Fish Stew with Aioli (Bourride)

Yield: 4 servings

3 tablespoons olive oil
2 cups fish stock (you can use chicken broth)
1 small onion, finely chopped
1 small carrot, finely chopped
1/4 bulb of fennel, finely chopped
1 leek, white part only, finely chopped
4 garlic cloves
1 large tomato, finely chopped
1 tbsp fresh tarragon (chopped)
Salt and pepper
2 cups water
1 bouquet garni
1/4 cup heavy cream
2 pounds of Halibut, Snapper, Sea bass, or Salmon, cleaned and skinned (cut into chunks)
1 cup aioli (recipe follows)

- Over medium-high heat, warm the olive oil in the large pot and add the onions. Reduce the heat to medium-low and let the ingredients sweat for 5 minutes. Add the carrot, fennel, leek, and garlic and sweat for another 5 minutes, Stir well and cook over medium heat for another 5 minutes. Add the bouquet garni and the, Add the fish stock, season with salt and pepper to taste, and bring to a boil.
- Once the mixture boils, lower to a simmer and cook for 30 minutes. Remove the bouquet garni and discard. Bring it back to a boil, add the cream, and cook over high heat for 10 minutes, or until the liquid has reduced. Lower the boiling broth to a simmer and add the Fish Chunks. Cook over low heat for about 10 minutes, making sure the liquid does not boil. Add the Tomatoes just before serving
- To serve, ladle the fish stew into beautiful serving bowls. Place the aioli sauce in the center of the bowl and serve.

Aioli

Yield: 1-1/4 cups

4 garlic cloves, germ removed (that's the tough little green bit in the center of the clove)
Large-grain sea salt (gros sel)
1 cup extra-virgin olive oil
1 egg yolk

Place the garlic cloves in a food processor. Add the salt and half the olive oil. Process for a few seconds, then add the yolk and mix well. With the machine running, slowly drizzle the rest of the olive oil and process until smooth. Keep refrigerated until needed (no more than 2 days).