



Thick fish soup

Helene D'Arca - the owner of a restaurant Le Bistrot des Artistes (artists' bistro) in Nice, where this particular recipe stems from, has given the above restaurant its name in honour of the famous artists who would frequently travel there and dine in charming restaurants of Provence.

Ingredients

Number of persons: 4

- 1 kg white sea fish (groper, john dory, sea eel or hake), cleaned
- pinch of salt
- 6 tablespoons olive oil
 - 1-2 onions, cut in to rings
 - 2 garlic cloves, crushed
- 1 shot cognac
- 1,5 l water
- 600 g tomatoes, chopped
- 1 tablespoon [Vegeta Chicken Stock Powder](#)
 - 2 bay leaves
 - 4 thyme stalks
 - 4 parsley leaves
- 8 slices French bread



Preparation time: 1 h i 30 min
Energetic value: 1316 kcal / 5501 kJ
Demanding:

Rouille sauce

- 4 garlic cloves, crushed
- 2 egg yolks
- 250 ml olive oil
- 1 teaspoon hot chilli powder
- 1 pinch saffron powder
- 1 pinch salt

Serving

- 2 tablespoons sheep cheese, grated

Preparation

1. Cut the fish into pieces and sprinkle with little salt.
2. In a pan, heat up the olive oil and cook the fish briefly. Remove the fish from hot oil, and place in a deeper pot, cover and keep in a warm place.
3. Using the same olive oil, cook the onion and garlic. Pour over the fish.





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4. In the same pan heat up the cognac and also pour over the fish. Stir through.
5. Place the pot on the mild heat and add 1,5 L of water, tomato and Vegeta Chicken Stock Powder. Using a kitchen thread tie together bay leaves, thyme and parsley and add to the dish (this makes it easy to remove at the end of cooking). Mix through and cook on mild heat for about 1 hour.
6. Toast the thinly sliced French bread and prepare the sauce while the soup is cooking.
Rouille sauce: In a bowl combine garlic and egg yolks. Make mayonnaise by whisking while adding olive oil. Add hot chilli, saffron and salt and mix well.
7. Continuing with the recipe: Remove the herbs from the dish. Place the fish on a plate and clean it from any bones. Place in a blender combining the fish with the stew that it was cooked in and chop finely. Return the soup in a pot, add salt and chilli powder to your taste.

Serving

When serving place the soup in the deep plate or a serving bowl. Place two slices of toasted bread on top, sprinkled with cheese.

Tip

This soup can be prepared from one or more types of fish mixed together.

My notes

