

Recipe of the Week

Seafood Soup with Lemon Aioli



Pinch of Saffron Threads

1tbsp Boiling Water

1 tbsp Olive Oil

1 Leek, white part, thinly sliced

1 Celery Stick, thinly sliced

2 Garlic Cloves, crushed

1 Carrot, peeled, thinly sliced

2 Ripe Tomatoes, seeded, finely chopped

1/2 cup Dry White Wine

6 cups Fish Stock

12 Large Green Prawns, peeled tail on, deveined

12 Live Black Lip Mussels

400g White Fish Fillet, such as King Salmon, cut into 3cm strips.

Crusty Baguette, to serve

Lemon Aioli:

1 Egg Yolk

2 tsp Dijon Mustard

2 tbsp Lemon Juice

1 Garlic Clove, crushed

1/2 cup Extra Virgin

Olive Oil

To make lemon aioli, place egg yolk, mustard, lemon juice and garlic in a processor and mix until combined. With the motor still running, gradually add the oil in a thin, steady stream until mix is thick and pale. Season with salt and pepper.

Place saffron and boiling water in a small bowl and set aside for 10 minutes to soak. Meanwhile, heat the oil in a large saucepan over medium heat. Add the leek, celery and garlic and cook, stirring for 2 minutes or until leek softens. Add the carrot and tomato, cook for 1 minute. Add the wine and bring to the boil.

Cook for 1 minute or until wine reduces by half. Add the fish stock and saffron mix to the pan and bring to the boil. Reduce heat to medium low. Add the prawns and mussels and cook, covered for 4-5 minutes or until mussels open and prawns change colour. Add the fish and cook for a further 1 minute or just cooked through. Remove from heat. Ladle soup among serving bowls. Top with aioli.

Serve immediately with crusty bread.