

# Slow and Easy Does It

Extracts from *Slow Cookers – The Slow Cooker Recipes You Must Have*;

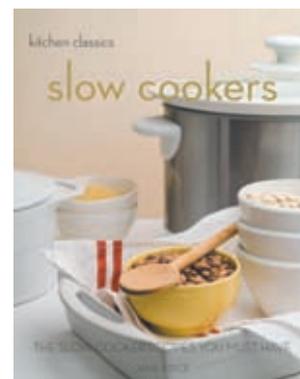
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Published by Murdoch Books Pty Limited.

Distributed by Allen & Unwin.

ISBN 978-1741962260; NZRRP 37.99

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## BOUILLABAISSE

2 tomatoes  
1 carrot, chopped  
1 celery stalk, chopped  
1 leek, white part only, chopped  
1 fennel bulb, roughly chopped  
250 ml (9 fl oz/1 cup) fish stock  
100 ml (3½ fl oz) white wine or pernod  
2 garlic cloves, crushed  
grated zest of 1 orange  
pinch saffron threads  
1 tablespoon tomato paste  
(concentrated purée)  
200 g (7 oz) firm white fish fillets,  
such as monkfish  
200 g (7 oz) salmon fillet  
12 mussels  
12 raw prawns (shrimp)  
chopped flat-leaf (Italian) parsley, to serve

SERVES 6

Score a cross in the base of each tomato. Put the tomatoes in a heatproof bowl and cover with boiling water. Leave for 30 seconds, then transfer to cold water, drain and peel the skin away from the cross. Cut the tomatoes in half and roughly chop the flesh.

Put the tomatoes in the slow cooker along with the carrot, celery, leek, fennel, stock, wine, garlic, orange zest, saffron and tomato paste. Cook on high for 3 hours.

Meanwhile, prepare the seafood. Cut the white fish into 2 cm (¾ inch) pieces. Remove any bones from the salmon using your fingers or a pair of tweezers, and cut into 2 cm (¾ inch) pieces. Scrub the mussels with a stiff brush and pull out the hairy beards. Discard any broken mussels or open ones that don't close when tapped on the work surface. Peel the prawns, leaving the tails intact, then gently pull out the dark vein from each prawn back, starting at the head end. Refrigerate the seafood until needed.

After 3 hours cooking time, allow the soup base to cool slightly, then transfer the mixture to a food processor and blend until smooth. Return to the slow cooker along with the white fish and salmon and cook for a further 2 hours on low.

Add the mussels and prawns to the slow cooker and cook for a further 1 hour on low. Ladle the soup into large serving bowls and garnish with parsley. Serve with crusty bread.

PREPARATION TIME: 30 MINUTES COOKING TIME: 6 HOURS

