



## Swordfish à la Bouillabaisse

Serves 2



### INGREDIENTS

- 1 x 300g swordfish steak
- 2 tablespoons extra virgin olive oil
- 1 brown onion, finely chopped
- 1 baby fennel, trimmed and finely chopped, fronds reserved
- Salt flakes and freshly ground black pepper, to taste
- 1 clove garlic, crushed
- 2 canned Italian tomatoes, chopped (about 100g)
- 1 fresh bay leaf, torn
- 4 sprigs thyme
- 1 strip orange peel, halved
- Pinch saffron threads, soaked in 1 tablespoon warm water for 15 minutes
- ¾ cup dry white wine (or dry vermouth)
- 1½ cups water
- Steamed short-grained rice, for serving
- Rouille, for serving (see video)

### METHOD

1. Remove fish from the fridge 30–60 minutes before cooking and set aside to come to room temperature.
2. Meanwhile, place half the oil into a flameproof casserole dish or heavy-based saucepan.
3. Add onion, fennel and a good pinch of salt and place over low heat, cover and cook for 15–20 minutes, stirring occasionally, until just starting to colour.
4. Meanwhile, rub fish all over with salt and set aside.
5. Combine wine and water and set aside.
6. Add garlic to the frying pan and stir for 30 seconds or so until aromatic.
7. Stir in tomato, cover and cook for 5 minutes.
8. Uncover, increase heat and if there's liquid in the pan, boil for a minute or so until it evaporates.
9. Push onion mixture to the sides of the pan, add remaining oil then fish.
10. Cook for 1 minute each side.
11. Add bay leaf, thyme, orange peel, saffron and its soaking water and a good grind of pepper.
12. Add enough of the water mixture to cover the fish well; you may not need it all.
13. Shake the pan to combine everything, increase heat and bring to a boil.
14. As soon as it boils, remove from heat and set aside for 5–10 minutes, until fish is just cooked through.
15. Remove fish from the pan to a heated plate, cover with foil and set aside to keep warm.
16. Return pan to a high heat and boil rapidly for 5–10 minutes to reduce the cooking liquid slightly.
17. Garnish fish with fennel fronds and serve with rice, cooking liquid and Rouille.