

# Vegan Bouillabaisse

serves 6

Yes, this is long and somewhat complicated. However, if you dream of the French Riviera, this might very well be worth an afternoon in the kitchen. (Open a decent bottle of dry rosé.) Along with a fresh garden salad, and a good French bread, this makes for an impressive company dinner.

## Vegan Fishless Fish Stock:

1 onion, quartered  
2 garlic cloves  
2 sheets nori sheets, crumbled  
4 C water  
1 tsp salt  
1 tsp oil

1 bouquet garni (fresh marjoram, rosemary, bay leaf, parsley and thyme all tied together in a neat little bundle. You can add dry herbs.)

## Vegan Seafood Marinade:

2 T seaweed powder  
3 green onions, minced  
 $\frac{1}{2}$  C diced onion  
1 tsp salt  
1 T Old Bay

pinch of cayenne  
2 c of water  
3 T oil  
1 tsp black pepper

## Vegan Seafood:

$\frac{1}{2}$  medium eggplant, cut into irregular pieces  
 $\frac{1}{2}$  can hearts of palm  
Oyster mushrooms

$\frac{1}{2}$  can of Jackfruit  
1 recipe for marinade  
3 T oil

## Bouillabaisse Stock:

3 T olive oil  
 $\frac{1}{2}$  fennel bulb thinly sliced  
1 C carrot, small dice  
6 cloves garlic, minced  
3 tomatoes, concassé  
1 leek, white parts thinly sliced  
1 C zucchini chopped finely

1 C russet potato, peeled, medium dice  
small can of tomato paste  
1 bouquet garni  
bay leaf  
zest and juice of 1 orange  
1 recipe vegan fish stock

1 tsp freshly ground pepper  
generous pinch of saffron  
pinch cayenne pepper

2 T Pernod or Pastis  
salt to taste

Add all the ingredients of the fish stock into a pot and leave it to simmer for 20 minutes over medium heat. Set aside. When cool, strain and refrigerate until ready to use. Can be made up to 1 week ahead.

Lightly salt the eggplant and leave in a sieve in the sink for 30 minutes.

Put the seafood marinade ingredients into a food processor and process until fairly smooth. Put the eggplant, hearts of palm, jackfruit, and oyster mushrooms into separate plastic bags (or jars). Equally divide the marinade amongst them, seal, and refrigerate for several hours or overnight.

In a large, heavy saucepan, heat olive oil until shimmery and add fennel slices and carrots, and sauté until just beginning to soften. Add garlic and continue cooking until fragrant. Add tomatoes, leeks, zucchini, potatoes, and tomato paste. Stir in the fishless fish stock, then add the bouquet garni, bay leaf, orange zest and juice, fish stock, pepper, saffron, and cayenne. Bring to a boil, reduce to a simmer, cover, and cook for 45 minutes. Taste, and season with salt.

Put the eggplant into a microwave safe bowl and microwave for 2 minutes. Stir and microwave for an additional 2 minutes. In a small heavy sauté pan, heat 1 tablespoon of olive oil and cook the eggplant and the marinade liquid on medium heat until soft. Add to the bouillabaisse.

Wipe out the pan, heat 1 tablespoon of olive oil, and cook the mushrooms, with the marinade liquid, on medium heat until soft. Add to the bouillabaisse.

Add the hearts of palm and jackfruit, with marinade liquid, to the bouillabaisse.

Simmer the bouillabaisse gently for 15 minutes. Stir in the pernod. Taste and add as needed. Ladle bouillabaisse into bowls and top with a dollops of salsa verde and rouille. Serve with crusty French bread.

Rouille:

4" piece of baguette, in medium

dice

$\frac{1}{4}$  C water

2 garlic cloves , minced

$\frac{1}{4}$  tsp cayenne pepper

$\frac{1}{4}$  tsp smoked paprika

$\frac{1}{2}$  tsp kosher salt

$\frac{1}{4}$  C fruity olive oil

Put the diced French bread and the water into the bowl of a food processor fitted with a metal blade. Let sit for 10 minutes, until the bread has absorbed the water. Add the garlic, cayenne, smoked paprika, and salt, and process until the bread is coarsely chopped. With the machine running, drizzle in the olive oil and process until smooth. Transfer to a bowl, cover, and refrigerate until ready to use. Can be made several days ahead.