SAFFRON ROCKFISH SOUP WITH JULIENNED VEGETABLES



Menù Ingredients

120 g. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
15 g. Fumetto di Pesce - Fish Stock - BP0
15 g. Preparato in polvere allo zafferano - Saffron Powder Mix - B90

Ingredients

q.s. Salt
q.s. Pepper
15 g. Parsley
100 g. Shallots
120 g. Celery
180 g. Zucchini
180 g. Carots
q.b. White wine
720 g. Rockfish
100 g. Tomatoes

Chef: Giovanni Pace

Gluten Free

Method

Serve 6

Clean and fillet the rockfish. Wash and clean the carrots, zucchini and celery, then, with the help of a mandolin shape as noodles . Chop the shallot and, in a large pot with extra virgin olive oil brown them, also add the vegetable noodles and sauté them for few minutes. Season with salt and pepper, pour in the white wine and let it evaporate. At this point, add a liter of water and bring to a boil, add the saffron powder ,previously diluted with a little water and then the rockfish fillets, the tomatoes concassè , the fish stock, the chopped parsley and the bay leaf. Close the pot with a lid and let the soup cook for few minutes. Serve the soup with garlic croutons.

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