

Bouillabaisse | Sauce rouille | Baguettes

Cuisine: French
Food category: Fish



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Company: RETIGO Deutschland GmbH



Program steps

1	 Steaming		 Termination by time	 00:02	hh:mm	 99	°C	 50	%		
2	 Hot air	 100	%	 Termination by time	 00:05	hh:mm	 180	°C	 100	%	
3	 Combination	 35	%	 Termination by time	 00:03	hh:mm	 135	°C	 100	%	

Ingredients - number of portions - 10

Name	Value	Unit
bouillabaisse		
red mullet, fillet	250	g
St. Pierre, fillet	250	g
monkfish, fillet	250	g
Shrimps without head with shell, 8/12	20	pcs
Greenshell mussel meat in half shell	20	pcs
lemon corner	10	pcs
fresh dill	1	pcs
fresh tarragon	1	pcs
saffron threads	1	g
baguette slices	20	pcs
Garlic cloves	2	pcs
colorful vegetable julienne	700	g

Bouillabaisse Sud

Name	Value	Unit
onion	2	pcs
fennel	2	pcs
celery sticks	1	pcs
parsley root	2	pcs
Garlic cloves	5	pcs
white wine	500	ml
Nolly Prat	100	ml
fish stock	2000	ml
canned tomatoes chopped	500	g
bay leaf	5	pcs
juniper berries	8	pcs
a sprig of thyme	4	pcs
fresh tarragon, bunch	1	pcs
orange zest	1	pcs
Saffron	2	g
Salt	20	g

Directions

For the stock, roughly dice the vegetables and sauté in olive oil in a large pan until translucent. Add the fish stock, white wine, Nolly Prat and the canned tomatoes, mix everything well and bring to the boil. Now add the remaining spices and herbs and let the stock simmer gently for about 1 hour. Then pass the stock through a fine sieve or cloth, season to taste and keep warm.

Portion the fish fillets into 25 g pieces. Peel the prawns down to the tail, remove the intestines if necessary and cut them into butterfly cuts. Allow the pre-cooked and frozen mussel halves to thaw.

Steam the vegetable julienne in a perforated insert in the Retigo combi steamer at full steam for about 2-3 minutes and then cool down.

For the rouille sauce, mix the mayonnaise well with the remaining ingredients.

Roast the baguette slices in the Retigo combi steamer at 180°C hot air for about 5 minutes. Then rub with a clove of garlic, lightly salt and set aside.

To serve, arrange one fish fillet, two prawns, two mussels and some vegetable julienne in a deep bowl and regenerate in the Retigo combi steamer at 135°C combi steam with 35% RH for about 3 minutes.

Now pour in the hot stock and garnish with lemon wedges, dill, tarragon and saffron threads.

Serve the rouille sauce and the toasted baguette separately.

Name	Value	Unit
white peppercorns	15	pcs
Olive Oil	50	ml

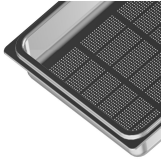
Rouille sauce		
Name	Value	Unit
mayonnaise	300	g
garlic paste	30	g
Lemon juice	20	ml
cayenne pepper	5	g
tomato puree	25	g
Saffron	1	g
Salt	5	g

Nutrition and allergens	
Allergens: 3, 9 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Ph, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	204.6 kJ
Carbohydrate	2.2 g
Fat	21.3 g
Protein	0.8 g
Water	0 g

Recommended accessories



Vision Express Grill



GN container Stainless steel perforated