

**CAPTAIN'S SOUP**  
(Zuppa del Commodoro)

**INGREDIENTS:**

Servings: 2 people

Olive oil	80 ml
Dry white wine	200 ml
Mixture of clean mollusks (clams, mussels, etc)	400 g
Small garlic clove	1
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	800 g
Small spring onions (white parts only)	3
Saffron	1 g
Red tomatoes	300 g
Small, green bell pepper	1/2
Small, red bell pepper	1/2
Small, yellow bell pepper	1/2
Thyme	1/2 tsp
Bay leaf	1
Toasted garlic bread	for serving

Servings: 4 people

Olive oil	135 ml
Dry white wine	400 ml
Mixture of clean mollusks (clams, mussels, etc)	800 g
Large garlic clove	1
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	2 kg
Spring onions (white parts only)	5
Saffron	2 g
Red tomatoes	600 g
Small, green bell pepper	1
Small, red bell pepper	1
Small, yellow bell pepper	1
Thyme	1 tsp
Bay leaf	1
Toasted garlic bread	for serving

Servings: 6 people

Olive oil	170 ml
Dry white wine	600 ml
Mixture of clean mollusks (clams, mussels, etc)	1 1/2 kg
Garlic cloves	2
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	3 kg
Spring onions (white parts only)	7
Saffron	3 g
Red tomatoes	900 g
Medium, green bell pepper	1
Medium, red bell pepper	1
Medium, yellow bell pepper	1
Thyme	1 tsp
Bay leaves	2
Toasted garlic bread	for serving

Servings: 8 people

Olive oil	225 ml
Dry white wine	800 ml
Mixture of clean mollusks (clams, mussels, etc)	1 3/4 kg
Small garlic cloves	3
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	3 1/4 kg
Spring onions (white parts only)	10
Saffron	4 g
Red tomatoes	1 1/4 kg
Green bell pepper	1
Red bell pepper	1
Yellow bell pepper	1
Thyme	1 tsp
Bay leaves	2
Toasted garlic bread	for serving

Servings: 10 people

Olive oil	250 ml
Dry white wine	1 liter
Mixture of clean mollusks (clams, mussels, etc)	2 kg
Garlic cloves	3
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	4 kg
Spring onions (white parts only)	12
Saffron	5 g
Red tomatoes	1 1/2 kg
Green bell pepper	1
Red bell pepper	1
Yellow bell pepper	1
Thyme	1 tsp
Bay leaves	3
Toasted garlic bread	for serving

Servings: 12 people

Olive oil	280 ml
Dry white wine	2 liter
Mixture of clean mollusks (clams, mussels, etc)	2 1/2 kg
Small garlic cloves	4
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	5 kg
Spring onions (white parts only)	15
Saffron	6 g
Red tomatoes	2 kg
Small, green bell peppers	2
Small, red bell peppers	2
Small, yellow bell peppers	2
Thyme	1 1/4 tsp
Bay leaves	3
Toasted garlic bread	for serving

**TOOLS:**

Large sauté pan with lid  
Strainer  
Stockpot  
Chef's knife  
Cutting board  
Skimmer  
Sieve  
Fish knife

**PREPARATION:**

Pour 1/5 of the oil and a quarter of the wine in a large sauté pan. Add the mollusks and bring to a boil and then cover. Cook over high heat for 5 minutes, occasionally shaking the pan. Strain the mollusks over a large bowl and reserve the liquid. When cool enough to handle, *scoop out the flesh of the mollusks* and set it aside. Put the reserve liquid in a stockpot with the remaining wine, peeled garlic, crushed red pepper, and salt. Add 1/4 of the fish (small fish only). Bring to a boil and simmer, partially covered, for 25 minutes.

Occasionally skim the stock. Pass it through a sieve. Discard any non-liquid contents left in the sieve. Return the liquid to the pot and add the saffron.

While the stock is cooking, *blanch*, peel, seed and dice the tomatoes. Slice the scallions. Cut the peppers into strips. Cut the large fish into chunks.

In a skillet, brown the scallions in a small amount of olive oil. Cut the larger fish into chunks. Add the peppers, tomatoes, and herbs to the scallions. Cook over moderate heat for 10 minutes. Add the vegetables to the fish stock. Add the large fish. Cook, partially covered, for 20 minutes over moderate heat. Add the flesh of the mollusks and continue to cook for 5 minutes. Correct the seasonings. Serve with garlic bread wedges.

This recipe comes from the *Ristorante La Fontaine*.