

Captain's Soup
(Zuppa del Commodoro)

INGREDIENTS:

Servings: 2 people

Olive oil	1/2 cup
Dry white wine	1 cup
Mixture of clean mollusks (clams, mussels, etc)	14 oz
Small garlic cloves	1
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	2 pounds
Small spring onions (white parts only)	3
Saffron	1/4 oz
Red tomatoes	11 oz
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	3/4 cup
Dry white wine	1 3/4 cups
Mixture of clean mollusks (clams, mussels, etc)	1 3/4 pounds
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	4 pounds
Spring onion (white parts only)	5
Saffron	1/4 oz
Red tomatoes	1 1/2 pounds
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	3/4 cup
Dry white wine	1 1/4 pints
Mixture of clean mollusks (clams, mussels, etc)	2 1/2 pounds
Garlic cloves	2
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	5 1/2 pounds
Spring onion (white parts only)	7
Saffron	1/4 oz
Red tomatoes	2 pounds
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	1 cup
Dry white wine	1 3/4 pints
Mixture of clean mollusks (clams, mussels, etc)	4 pounds
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	7 1/2 pounds
Spring onion (white parts only)	10
Saffron	1/4 oz
Red tomatoes	2 1/2 pounds
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	1 1/4 cups
Dry white wine	1 1/4 quarts
Mixture of clean mollusks (clams, mussels, etc)	4 1/2 pounds
Garlic cloves	3
Crushed red pepper	to taste
Salt and freshly ground pepper	to taste
Mixture of large and small, clean, non-oily fish	9 pounds
Spring onion (white parts only)	12
Saffron	1/4 oz
Red tomatoes	3 pounds
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	1 1/4 cups
Dry white wine	1 1/4 quarts
Mixture of clean mollusks (clams, mussels, etc)	5 1/2 pounds
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	10 pounds
Spring onion (white parts only)	15
Saffron	1/4 oz
Red tomatoes	4 1/2 pounds
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*.