



Deliciously-Light Fish Broth

(makes 4 servings)

A really tasty fish broth can be a labour of love, taking time to create your own fish stock, filleting, skinning, boning, scrubbing, de-bearding and cleaning your fish and shellfish or you can take the effortless route and very quickly bring it together as in this recipe. It's not about cheating, it's just about creating something very delicious straight from the fridge/freezer when time is tight!

Ingredients

- 1 tablespoon light olive oil
- 1 leek, washed, most of the dark green leaves removed and white part very finely sliced
- 1 stick celery, trimmed, peeled and very finely sliced
- 650mls homemade or bought fish stock
- 6 teaspoons fish sauce (nam plah)
- 6 tablespoons frozen pea and bean mix (peas, broad beans and green beans)
- 1 large or 2 small frozen white fish fillets (haddock, cod etc)
- 1 small bag frozen 'fruit de mer' mix
- Freshly ground white pepper

Method

Take the white fish fillets out of the freezer and allow to slightly defrost until you can cut them into bite-sized chunks.

Meanwhile, warm the oil in a soup pot and very gently sauté the leeks and celery until tender but still with a slight 'bite' (don't let them brown).

Add the fish stock, bring to the boil, reduce the heat, add the fish sauce and simmer for 5 minutes.

Add the pea/bean mix and continue to simmer until they are all tender (around 4 - 5 minutes).

Add the frozen white fish chunks and the 'fruit de mer' mix (2 scallops, 2 mussels, 2 prawns and 2 pieces squid per person).

Simmer gently in the broth until all the fish is cooked (around 8 - 10 minutes).

Before serving, check the seasoning, adding a little white pepper and another splash of fish sauce if required.