

# CHBC Demo Recipes

## Bouillabaisse (serves 2)

### A

½	fennel bulb (½ inch dice)
½	medium-size white onion (½ inch dice)
1 stalk	celery (¼ inch slices)
6 cloves	garlic
¼ cup	extra virgin olive oil
to taste	sea salt and pepper

### B

1 cup	white wine
2 cups	fish stock (or water)
1 tsp	saffron
2	bay leaves
6 sprigs	fresh thyme
3 cups	whole canned tomatoes with juice (¼ inch slices)
to taste	sea salt and pepper

### C

1 lb	mixed seafood (1 inch pieces)
6	mussels (rinsed and de-bearded)
6	clams (rinsed)
to taste	sea salt and pepper

### D

2	thick slices French bread (cubed)
2 cups	rapini (leaves and florets)

- Heat olive oil in a medium size pot on medium heat. Add remaining **A** ingredients, cover and sweat (cook until juicy), stirring occasionally, about 10 minutes.
- Add white wine and reduce by 1/3. Add fish stock, saffron, bay leaves. Reduce by 1/3. Add tomatoes and juice, thyme, salt and pepper. Cover and simmer 10 minutes, stirring occasionally.
- Season mixed seafood and add to pot with mussels and clams. Simmer, stirring occasionally, for about 5 minutes, until shellfish open.
- Place bread and rapini in two large bowls. Add bouillabaisse and enjoy!



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