



Santo Domingo soup

With all the makings of a meal in itself, this soup is cooked in a casserole. Its looks alone will demand attention and its irresistible flavour are sure to bring great compliments for the cook

MAIN MEAL

Serves 6

Overall timing 50 minutes

Equipment Flameproof casserole

Freezing Cool, then turn into a rigid container leaving 1 inch (2.5cm) headspace, cover, label and freeze. Freezer life: 1 month. To use: reheat slowly from frozen

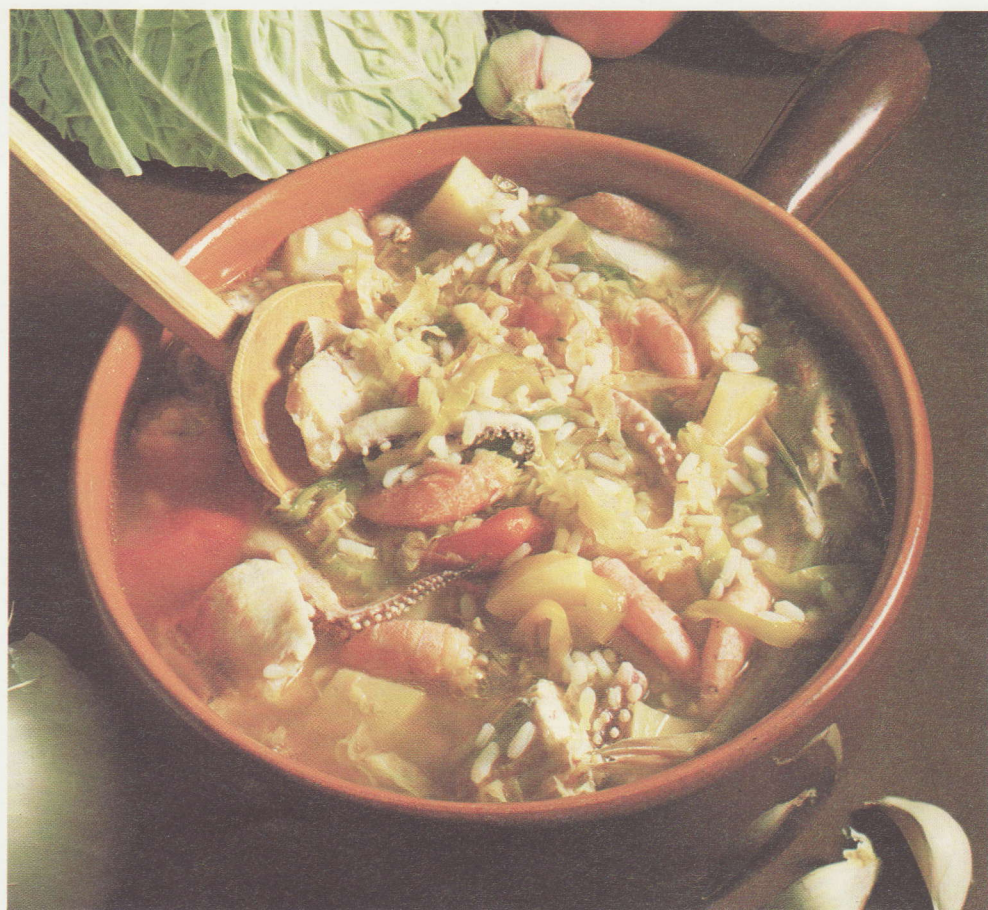
INGREDIENTS

2lb	Mixed fish	900g
2	Onions	2
1	Garlic clove	1
2	Tomatoes	2
3	Medium-size potatoes	3
8oz	White cabbage	225g
2	Green capsicums	2
6 tbsp	Oil	6×15ml
4oz	Long grain rice	125g
1½ pints	Fish stock or water	1 litre
1 tbsp	Tomato paste	15ml
8oz	Frozen prawns	225g
¼ teaspt	Dried oregano	1.25ml
	Salt and pepper	

METHOD

- 1 Remove skin and bones and cut fish into bite-size pieces. Peel and chop onions and garlic. Blanch, peel and chop tomatoes. Peel potatoes and cut into small chunks. Wash and shred cabbage. Deseed and dice capsicums.
- 2 Heat the oil in a casserole and fry the onions and garlic till golden. Add the rice, then the fish and fry for 5 minutes, stirring all the time.
- 3 Add prepared vegetables and stock or water. Bring to the boil. Mix tomato paste with a little hot water and stir into the casserole. Cook for 15 minutes. Add prawns, oregano, salt and pepper and cook for a further 10 minutes.

Below: Santo Domingo soup – it tastes as good as it looks. Serve with crusty rolls or bread



cook's know-how

When bouillabaisse is made, a wide variety of fish with different flavours and textures is always included – for example, rascasse (scorpion fish), monkfish, gurnard, eel, wrasse or other firm textured fish; crustaceans such as lobster, crawfish or mantis shrimps; and some delicate fish like whiting, plaice, sole or flounder. It is important to add the fish to the stock in the right order – the crustaceans and firm fleshed fish first, then the more delicate fish which only require very brief cooking. Bouillabaisse takes very little time to make, and if you buy the fish already cleaned, your preparation time is almost negligible. Away from the Mediterranean it is very difficult to taste this deluxe dish at its best, but by choosing fish with care you can make a delicious imitation.