

water, bring to the boil, season with salt to taste, and cook, covered, for one hour.

Make a roux with the remaining butter and flour. Strain the cooking liquid, reserving 10 cl (4 fl oz), and whisk the remainder into the roux. Whisk until the mixture reaches the boil, and then simmer gently over a very low fire, skimming and skinning, without stirring, for at least ½ hour or until the skin ceases to form on the surface.

Cut the sole fillets crosswise into strips, and poach them gently in the reserved broth. Beat the cream and egg yolk together, beat in a few spoonfuls of the thickened broth, and return the cream mixture to the pan. Heat, stirring constantly, being careful not to let the soup boil. Add the cooked fish to the soup as a garnish, and serve immediately.

ROGER LALLEMAND
LA VRAIE CUISINE DE LA NORMANDIE

Angler-Fish Soup

Baudroie à l'Aigo Sau

This is a recipe of Roland Petrini, chef at the Hotel Jules-César, Arles. Angler-fish is always sold already beheaded, cleaned and skinned.

To serve 4

| | | |
|--------|---|---------|
| 500 g | angler-fish, sliced | 1 lb |
| 3 | potatoes, thinly sliced | 3 |
| 2 | garlic cloves, thinly sliced | 2 |
| 10 | button mushrooms | 10 |
| 10 | small onions | 10 |
| 3 | artichoke bottoms, quartered | 3 |
| 1 | bouquet garni of parsley, fennel and bay leaf | 1 |
| 2 | strips dried orange peel | 2 |
| 20 cl | olive oil | 7 fl oz |
| | salt and pepper | |
| 1 or 2 | tomatoes, skinned, seeded and chopped (optional) | 1 or 2 |
| | slices of stale bread, toasted, rubbed with garlic and sprinkled with olive oil | |

Put the potatoes and garlic into a saucepan with the mushrooms, shallots, artichoke quarters, bouquet garni, orange peel, fish and half of the olive oil. Season with salt and pepper and add the tomatoes if you wish. Cover with water and bring rapidly to the boil. Cook for 12 to 15 minutes, skimming carefully. Remove the bouquet garni and the orange peel. Adjust the seasoning if necessary, pour the soup into a warmed earthenware tureen, and sprinkle over the remaining oil. Serve the croûtons separately.

LA CUISINE NATURELLE À L'HUILE D'OLIVE

Rock Fish Soup

Soupe de Poisson du Moulin de Mougins

This soup is traditionally made from fish fry or small fish, which are used uncleaned. The important thing is to have a selection of several varieties of fish. Small bream, fish heads and carcasses, and trimmings from conger eel or angler fish may also be used. For instructions on how to make rouille, the red pepper sauce accompaniment, see the demonstration on page 51 (recipe, page 166).

To serve 6 to 8

| | | |
|-------------|---|----------|
| 1.5 to 2 kg | mixed fish | 3 to 4lb |
| 400 g | large yellow onions, chopped | 14 oz |
| ¼ litre | olive oil | 8 fl oz |
| 4 | large very ripe tomatoes, sliced | 4 |
| ½ | head garlic, crushed | ½ |
| 2 | sprigs thyme | 2 |
| 1 | bay leaf | 1 |
| 2 | sprigs dried fennel | 2 |
| 2 litres | water | 4 pints |
| | salt | |
| ½ tsp | powdered saffron | ½ tsp |
| | freshly ground pepper | |
| | grated Parmesan cheese (optional) | |
| 12 | slices dried French bread, rubbed with garlic | 12 |
| | rouille (optional) | |

Sweat the onions in the olive oil, without letting them colour, until they are soft and transparent. Turn up the heat and add the fish with the tomatoes, garlic and herbs. Mix vigorously with a wooden spatula while cooking for about 12 minutes, then pour in the water. Salt lightly and boil for 20 minutes.

Put the soup through a vegetable mill, then through a fine sieve, pressing hard to extract all the juices. Return the soup to the heat and bring to a gentle boil. Add the saffron and pepper (pepper added too early gives a disagreeable flavour), and season to taste with salt. Add the grated cheese if you wish. Serve the soup garnished with the bread croûtons, and with rouille if desired.

LES PRINCES DE LA GASTRONOMIE

