

Jason Pettit – Capital Radio Recipe



Provencal Fish Stew – quick, easy and utterly delicious!
The broth is elevated by the addition of Aioli (garlic mayonnaise)

Ingredients – serves 4 people

4 each	sea bream fillets (skinned and cut into chunks)
12 each	prawns (peeled, de-veined, tail on)
1 Tsp	cayenne pepper
1 Tbsp	cooking oil
1 lrg	onion (peeled, sliced thinly)
1 med	carrot (peeled, grated)
1 stick	celery (peeled, sliced thinly)
1 lrg	lemon (zested and juiced)
1.2 ltr	fish stock
1 sprig	thyme (washed and cut into small pieces)

Cheats Aioli

2 lrg	garlic cloves (grated finely)
4 Tbsp	mayonnaise
1 Tbsp	lemon juice
2 Tbsp	olive oil

sea salt & black pepper to taste

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Method

Pre-heat a frying pan/skillet on a med/high heat then add the oil.
Add the onion, celery, carrot and thyme then sauté or stir until soft and fragrant, approx. 2 minutes.

Add the fish stock and bring to a gentle boil.

Season the sea bream chunks with the cayenne pepper.

Add seasoned sea bream and prawns to the broth then reduce heat to a gentle simmer.

Leave to cook – approx. 4-5 minutes.

Whilst this is cooking, make the aioli.

Lightly season the grated garlic with sea salt then add the lemon juice.

Whisk together gently then pour in the olive oil whilst whisking.

Add the mayonnaise and whisk together.

Taste and adjust seasoning.

Once the sea bream and prawns are just cooked, remove them from the broth carefully and place into serving bowls.

Remove the broth from the heat.

Add the aioli to the broth and stir until a rich creamy sauce is achieved.

Add lemon zest and juice to taste.

Divide the sauce equally over the sea bream and prawns.

Serve immediately with rustic bread.

Notes from the chef:

Any white fish can be used in the recipe – cooking times may need adjusting depending on the thickness/type of fish used.

Paprika may be used instead of cayenne pepper for a milder taste.

Aioli can be made in advance and kept in the fridge.

Proper aioli is made with egg yolks, garlic, lemon, salt and olive oil and is much richer in colour. Simply blend 3 egg yolks, 4 cloves of garlic, 2 Tbsp lemon juice then add the olive oil in a steady stream until a thick sauce is achieved. Season to taste.

Fingerling or new potatoes can also be added for a heartier stew, cut them into thin slices and sauté with the other vegetables.

Tbsp - tablespoon

Tsp - teaspoon