

Fish soup (Soups)



Preparation

Clean and gut all the fish, and remove their scales, under running water. Clean the cuttlefish by removing the skin, eyes, mouth and entrails. Clean the octopus removing the eyes and mouth. Break the crab claws with a hammer so that it will leave more flavour in the soup. Prepare the king prawns by cutting their sides open with scissors, so that you can eat them easily when cooked. Shell the prawns. Wash and cook the mussels and clams in a separate pot until they open. Remove them from their shells and set aside the cooking liquid for the stock. Prepare a stock base for the soup with some vegetables, the mussel and clam liquid and the fish remains. Take the chopped celery and onion and them fry in a large pan, which you will then use to make the soup. Add the tomatoes and sauté for a few minutes with a few basil leaves. Sauté the crab claws along with the tomato sauce and add a dash of white wine, then cut the cuttlefish into rings, and add it to the mixture with the king prawns. Strain in all the stock (about 2 litres) and add the octopus, the gurnard, the rockfish and the grass goby fish. Add salt and a pinch of sugar to give it more flavour. Add a clove of chopped garlic, chili, pepper and a little paprika. Let it cook for half an hour and then remove all the fish from the soup (rockfish, gurnard, grass goby) and sort the flesh from the skin and the bones. Put all the flesh back into the in the soup and cook for another 15 minutes. Serve with toasted baguette.

Tips

To get a fish soup absolutely full of different flavours, you could buy yet more varieties of fish, like flatfish, maybe already cleaned and gutted.

Trivia

Fish soup comes directly from the world of fishermen, who were used to using the less expensive and prized fish in making dishes such as this.

Information

Preparation 120 minutes

Total Time 45 minutes

Serves X Serves 4 persons

Level of difficulty Difficult

la terra di Puglia



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Ingredients

Crab claws 300 grams

Mussels 550 grams

Clams 400 grams

Grass gobies fish 100 grams

King prawns 150 units

Cuttlefish 100 grams

Baby octopus 180 grams

King prawns 180 grams

Rockfish 160 units

Lamb's lettuce 280 units

Tomatoes 300 grams (Fresh)

Celery 80 grams

Onions 60 grams

Garlic 1 clove

Paprika (Chilli, pepper, paprika)

