

The Sailing Chef

Ingredients:

- 5 small live crabs
- 3 fish (filleted and cubed)
- 1 onion chopped
- 1 bell pepper chopped
- 1 green pimento
- 1 cup of celery with leaves chopped
- 1 can of diced tomatoes
- Some bay leaves, dill and marjoram
- 1 cup of fresh coriander
- 2 liters of water

Preparation:

Saute the onions with oil in a pot for 5 minutes over high heat until are golden. Add bell pepper, green pimento, celery, and spices and simmer for 5 another minutes. Add the water and tomatoes. Once boiling add the crabs whole and live, and the fish carcasses. Simmer over low heat for 20 minutes lid on. Remove the crabs and carcasses add the cubed fish into the pot for 6 minutes. Serve the soup in a bowl. Garnish with the coriander.

Bon Appetit!

Fish & crab Soup

(Bouillabaisse
Style)



When the sea of Cortez is getting cooler it's nice to eat something warm and tasty from the sea.

Variations:

After poaching the fish, Strain and use the liquid to make a fine sauce:
First, melt 3 TBS butter in a pan
Add 1 TBS flour and fry until light golden
Thoroughly mix this roux with a little cold wine
Then slowly add the strained liquid over low heat while constantly stirring, until desired thickness is achieved.

