

Fish soup with saffron / Serves 4/6

Ingredients

1,5 kg of varied fish	2 spoons of olive oil
2 onions	2 cloves of garlic
2 shallots	1 leek
1 stalk of celery	1 carrot
2 tomatoes	1 zest of orange
2 stalks of fennel	2 bay leaves
0,1g of saffron stigmatas	salt, Cayenne pepper

Method

On the day before cooking, leave 0,1g of saffron to infuse in 30ml of hot water.

Cut 1,5kg of fish in pieces/bits. Gently fry the sliced onions, the chopped garlic, the chopped shallots, the sliced leek, the sliced stalk of celery, the chopped carrot, the tomatoes cut into quarters in the olive oil and let it cook for 5 minutes. Pour 1,25 l of water on the vegetables, add the fish, a zest of orange, the fennel and the bay leaves. Allow to simmer for 20 minutes and then mix everything. Add the saffron infusion. Serve with slices of toasted saffron bread rubbed with a cut clove of garlic.