

BRETON FISH SOUP — RECIPE CARD

My Seafood Collection
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Ingredients

Fish Broth

- Sardines — 5 small (≈ 250 g)
- Mackerel — 1 (≈ 200 g)
- Herring — 1 (≈ 200 g)
- Salmon trimmings — head, bones, fins (from a 2.5–3 kg fish)
- Onion — 1
- Bay leaves — 2
- Black peppercorns — 5
- Allspice — 3
- Cloves — 3
- Sea salt — 1 heaped tsp
- Sugar — 1 tbsp
- Herb stems — parsley, celery, dill

Vegetable Base

- Celeriac — 100 g
- Onion — 1
- Carrot — 1
- Leek — 1 small
- Fennel — $\frac{1}{2}$ bulb (≈ 100 g)
- Tomatoes — 2
- Tomato paste — 2 tbsp
- Sweet pepper — 1
- Natural vinegar — 1 tbsp

To Finish

- Pearl barley — 2 tbsp (one handful)
- Lemon — $\frac{1}{2}$
- Garlic — 3 cloves
- Fresh coriander — $\frac{1}{2}$ bunch

Equipment

- 5-litre pot
- Sharp knives
- Kitchen scissors
- Two cutting boards (fish + vegetables)
- Colander + cheesecloth
- Three deep bowls
- Deep frying pan or wok

Method

1. Make the Broth (≈ 2 hours total)

- Clean and trim the fish (heads, tails, filleting).
- Place fish, aromatics, spices, salt, sugar, and herb stems in the pot.
- Cover with water.
- Bring to a boil (≈ 20 min), then simmer gently for ≈ 20 – 40 min with the lid slightly open.
- Cool, strain through colander + cheesecloth.
- Pick fish flesh from bones and reserve.

2. Prepare the Vegetable & Seaweed Base (≈ 30 min)

- Wash all vegetables thoroughly (especially leeks).
- Cut vegetables into medium pieces (not cubes).
- Prepare seaweed: boil for exactly 1 minute, rinse cold, chop finely.
- Sauté vegetables + seaweed in rapeseed oil for ≈ 10 min.
- Add tomato paste and vinegar.

3. Bring the Soup Together

- Bring to a boil.
- Add pearl barley (20 min cooking; it will finish during resting).
- Add reserved fish flesh.
- Rest the soup for several hours or overnight for deeper flavour.
- Combine broth + vegetable base.

4. Final Touches (just before serving)

Add lemon slices, chopped garlic and fresh coriander.

Serving Suggestions

- Serve with good bread.
- A small shot of cold vodka or Scandinavian schnapps pairs well (optional).
- Still water otherwise.
- Ideal for lunch: light, aromatic, full of flavour.

Notes & Variations

- Use any strong “taste of the sea” fish: sardines, mackerel, herring.
- Add samphire when in season.
- Replace fennel with leek if needed.
- Soup improves significantly overnight.

Comments