

Recipe Review: Bouillabaisse

BY RICHARD MAHLE

BOUILLABAISSE IS A type of French fish stew that originated in Marseille, a province of France. This dish was created by fishers in Marseille who would take leftover rockfish that could not be sold at the market. When looking to recreate any version of Bouillabaisse, there are a few tricks because it can be made with pretty much anything; however, there are a few defining ingredients that make it a truly marvelous dish. The main components of this soup are a variety of fish, broth, and vegetables. In my rendition, I used salmon, mussels, and vegetable stock for the fish broth, onions, potatoes, carrots, tomatoes, and leeks for the vegetables, and some spaghetti to add a spin on the classic.

INGREDIENTS

- 3 pounds of at least 3 different kinds of fish filets (such as sea bass, red mullet, haddock, halibut, cod, conger, or red porgy), cut into 2-inch pieces
- 1 pound mussels or clams
- 1 pound squid or crab
- 1/4 cup extra virgin olive oil
- 1 cup onions, thinly sliced
- 2 leeks, white and light green parts only, thinly sliced
- 1/4 fennel bulb, thinly sliced, or 1 teaspoon fennel seeds
- 2 cloves garlic, crushed
- 3 large tomatoes, roughly chopped
- 1 bay leaf



Photo Credit: Tamara Trevisan

- 3 sprigs fresh thyme
- 1/2 teaspoon saffron threads
- 2 teaspoons salt
- 1 cup clam juice, fish stock, or vegetable stock
- 1/4 teaspoon freshly ground black pepper
- Spaghetti, linguine, or any other noodles.

1. Add 1/4 cup of oil to the bottom of a dutch oven or large pot, when the oil is hot, add the onions, leeks, and fennel. Stir to coat the vegetables with the olive oil. Cook on medium heat until softened but not browned, about 10-15 minutes.
2. Add the crushed garlic, chopped tomatoes, bay leaf, thyme, saffron, and salt. Cook until the tomatoes are soft and broken down, about 10 more minutes.
3. Bring 2 cups of water to a boil. Lay the fish pieces over the vegetable mixture and pour over with 2 cups of boiling water. Add clam juice, fish stock, or vegetable stock. Bring everything to a boil, reduce to a simmer, and cook, uncovered, for about 5 minutes.
4. Add the mussels, squid, and/or crab, pushing aside the fish so that the shellfish is now covered in liquid, and simmer for 10 minutes more, uncovered.
5. Boil water with salt to cook your noodles in your preference. My preference is Al dente, which is cooked within two-three minutes under boiling water with constant stirring.
6. Add freshly ground black pepper, and more salt to taste. Remove the bay leaves, and thyme sprigs from the broth.
7. Add noodles and finish with grated parmesan cheese.

Book Review: Bridgerton The Duke & I

BY DAVINA BELLINGER

THE FIRST BOOK to Bridgerton, called “The Duke & I,” released in 2000, depicts the perspective of Daphne Bridgerton and her story of being the fourth oldest out of eight siblings. The setting of this novel takes place in Regency London, where rules abound. Children of aristocrats learn how to become proper people of high society. Daphne Bridgerton is the opposite of other ladies because she befriends the most eligible young men in London, and everyone likes her for her kindness and wits. While other ladies and gents play romantic games, Daphne is too honest and wants to find a life partner to share true love with as her parents did.

The ideologies that Daphne has to find the perfect suitor later figure out love does not come from appearance and who is considered good for not only the actions that they do but from the friendship that she creates with the significant other. She learns this from Simon Bassett, Duke of Hastings, who intends to shun marriage and society like his father. Still, yet when encountering his best friend’s sister, Daphne,



Photo Credit: Davina Bellinger

his viewpoints change from the fake courtship that they used to get what they thought they wanted when it turns out that they wanted one another.

In this high society, there is also another woman that does not tolerate the society in which they live. She is an anonymous woman named Lady Whistledown who writes articles about the latest update on different aristocratic families in London. If anyone has seen the book series adaptation of the Netflix show Bridgerton, one may know who she is and may figure it out from the book series as well. There are other books from the series that also detail the other Bridgerton children’s story and their perspectives of society and the changes they want.

This book is definitely a contemporary piece from novelists like Jane Austen because of the way author

Julia Quinn is able to combine modern thinking into these characters while also keeping the old times. The way characters like Daphne and Simon were able to build their relationship is something that would be considered taboo amongst high society because a lady is not to see friendship as part of marriage but to have someone who can produce children and be a fine piece. Marriages within the Regency era were considered perfect, but in reality, it is not if real love is not the foundation of seeing that true love aspect as Daphne sees that.

Overall, I would recommend this novel to anyone who enjoys reading romance, and the idea, as Julia Quinn puts it, “love ignores every rule” because it defeats the purpose of what is considered expectations and norms for society but can build off of what we now see in society. The author creates this picturesque world of what is considered normal for any aristocratic family to something where traditions can be broken and mended. Daphne and Simon’s romance progression in this novel grows as they get to know each other and form that friendship and blossom into that true love each of them was looking for.