

Seafood Super Bowl - From Bombora Restaurant

Bombora overlooks the main ocean beach at Goolwa, in South Australia. One of their house dishes is their seafood super bowl. The recipe was kindly provided to us by Joel Cousins, Chef/Part Owner. The recipe can be finished off quickly for serving at the last minute.

For four people:

- 1 tbsp olive oil
- 1 small leek, white part, thinly sliced
- 1 small fennel bulb, trimmed, thinly sliced
- 2 to 4 garlic cloves, crushed
- large pinch of saffron threads
- 125 ml white wine
- 750 ml fish stock*
- 250 ml passata* (tomato sauce)
- 2 very ripe Roma tomatoes diced
- 2 tbsps chopped parsley
- 2 tbsps chopped dill
- 2 bay leaves
- 2 tbsps Pernod
- 1 to 2 tsps crushed chilli
- salt and pepper
- 8 scallops
- 8 green prawns



- 500 g pipis (or clams or cockles)
- 16 mussels
- 200 g Mulloway (aka. Jewfish, Kingfish, Butterfish)
- 1 sourdough baguette

*See recipe index.

Method:

To make wine and tomato broth, heat olive oil in a large saucepan over medium heat. Add the leek, fennel, garlic and saffron, and cook 2 minutes or until the leek and fennel soften slightly.

Add the wine and cook for 2 minutes or until the liquid reduces slightly. Add the stock, passata, fresh herbs, bay leaves and crushed chilli, stir and season with pepper and salt. Bring to a simmer over medium heat and cook for 5 minutes. Set aside until needed. Reheat as required.

Add the Pernod to the hot stock mixture followed quickly by shellfish and remaining seafood. Cook for 2 minutes or until the seafood is barely cooked through and the shellfish are open.

Serve:

Ladle the soup between serving bowls and serve with thin slices toasted baguette.

Equipment:

Medium to large stock pot.

Difficulty and Time:

Moderately difficult (3/5). 10 to 15 minutes, excluding making fish stock and passata.

Notes and variations:

- Use this recipe for experimenting: try other seafood, use cherry tomatoes ...