

The Hirshon Breton Cotriade Soup

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/grey-mullet-indian-recipe>

Ingredients:

- 1 1/8 pounds shrimp with heads, cut in 1/2 lengthwise
- 1 carrot
- 1 onion preferably a Roscoff varietal from Brittany
- 1/2 leek
- 1 celery stalk leafy
- 6 cloves garlic
- 1 thyme branch of
- 1 bay leaf
- 20 olive oil cl of
- 40 white wine cl of
- salt
- pepper
- 2 ounces salt pork rind removed
- 2 pounds small red potatoes peeled, quartered
- 64 shrimp stock
- 1 sprig parsley chervil, oregano, tarragon and thyme + 1 bay leaf
- 2 onions medium, preferably Roscoff
- 7 ounces monkfish fillets skin removed
- 7 ounces cod fillets skin removed
- 7 ounces mullet fillet of bar or rock, skin removed
- 7 ounces turbot skin removed
- 8 sea scallops dry pack, cut into coins
- 1 lobster tail cold water, removed from the shell and cut into coins
- chervil minced, (preferred) or parsley
- 1/2 cup clarified butter
- 8 slices sourdough
- 1 garlic clove

Nutrition:

1. Calories: 1840 calories
2. Carbohydrate: 125 grams
3. Cholesterol: 350 milligrams
4. Fat: 113 grams
5. Fiber: 10 grams
6. Protein: 85 grams
7. SaturatedFat: 29 grams
8. Sodium: 2380 milligrams
9. Sugar: 11 grams

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