

FISH SOUP

4 Portions | Preparation time 45 min

INGREDIENTS

350 g cod fillet

350 g perch fillet

½ l of the decoction of headstock
and shrimp shells

2 carrots

1 parsley

½ of the celery

1 onion

1 leek

1 sweet pepper

2 cloves of garlic

¼ habanero peppers

2 raspberry tomatoes

1,5 l vegetable bouillon

½ lime juice

3 laurel leaves

5 grains of English herb

Olive oil

½ teaspoon of sugar

Salt, pepper.

Dill

Sour cream

PURCHASE LIST

Cod fillet

Perch fillet

2 carrots

Parsley

Celery

Onions

Leek

Sweet peppers

Garlic

Habanero peppers

2 raspberry tomatoes

Lime

Dill

Sour cream

INSTRUCTION

Peel the carrot and cut it into half tops. Peel the parsley and celery and cut into 1 cm pots. Peel the onion and dice it. Leek to wash, cut off the white part, cut into half slices. Remove the seeds from the habanero peppers and cut them into small cubes. Wash the sweet pepper, remove seeds and cut into 3 cm strips. Scald the raspberry tomato, peel from the skin and cut into small cubes. Peel the garlic and squeeze through a press.

Heat the olive oil in a wide pot. Put chopped onion, habanero, carrot, parsley, celery and leek into the hot oil. Fry for about 3 minutes until the vegetables are glassed. After this time add the garlic squeezed by the press and chopped sweet pepper. Fry another 3 minutes. After this time add 1.5 l vegetable bouillon and a decoction of shrimp heads. [The recipe for shrimp headstock can be found here](#). Add laurel leaves and English herb. After boiling, cook under a lid for 10 minutes. Then add the finely diced raspberry tomatoes, 1/2 teaspoon sugar and 1/2 lime juice. Cook for 5 minutes.

While the soup is boiling, wash the cod and perch fillets. If necessary, remove the bones. Cut the fish into large cubes of similar size.

When the tomatoes are cooked, add the perch to the soup. Cook for 5 minutes. At the same time season the soup with salt and a large amount of freshly ground pepper. After this time, we add cod and cook for another 5 minutes.

Serve the soup with a tablespoon of sour cream and a large amount of fresh dill.