



Algerian fish soup

55 min

CA

OR

WA

6-8

Ingredients

1 kilogram fish fillet (your choice)

2 large potatoes

2 green bell peppers

1 large carrot

1 fennel bulb

2 onions

1 celery rib

4 tablespoons tomato paste

2 liters water or 2 liters vegetable broth

1 tablespoon cumin

1 teaspoon ras el hanout spice mix
1 teaspoon coriander
2 bay leaves
1 piece lemon rind
1 tablespoon harissa (or any hot sauce of your choice)
4 tablespoons olive oil

Instructions:

Dice the onions and let them get golden in the olive oil. Use a large soup pot. Cut the bell peppers, potatoes, carrot, fennel and celery in cubes. The soup will get pureed, no need to cut very small pieces.

Put the vegetables in the pot and let it get some color.

Add the tomato paste, fry a few seconds and then add water, about two liters should be enough.

Add the bay leaves, lemon rind and the spices.

Let it simmer on low heat for about 20 minutes, until vegetables are soft.

Cut the fish fillets in cubes and add them to the soup.

Let it simmer for another 15 minutes, until the fish is done.

Carefully puree the soup, adding some water or broth if necessary. |

Check on the seasoning and serve with slices of lemon and fresh baguette bread.

Recipe from [Food.com](https://www.food.com/recipe/roasted-vegetable-soup-with-harissa-115588)

Photo by zukamilov, Adobe Stock

Species Group

Rockfish, Cod, Lingcod, Sheepshead

Halibut

Sole, other Flatfish