

doctor capozzi's famous and fabulous sicilian fish soup

serves 4

ingredients:

2 pounds various fish fillets, cut into cubes
4 tablespoons extra virgin olive oil
1 large onions, chopped
2 ripe tomatoes, quartered
1/2 a fennel, sliced
1 leek, white part only, chopped
1 tablespoon tomato paste
4 garlic cloves, sliced
1 bay leaf
1 large pinch of saffron
3-4 cloves

In a large pot heat the olive oil and add the leek, fennel, onion and tomatoes, cook for 5 minutes, then add the fish. Cook over medium heat for 15 minutes. Crush the fish with a wooden spatula. Add 3 pints of water, salt, pepper, garlic tomato paste, cloves and saffron. Boil for 40 minutes. Put everything through a food mill. Keep liquid only. Bring back to a boil and serve with garlic croutons and parmesan cheese.

