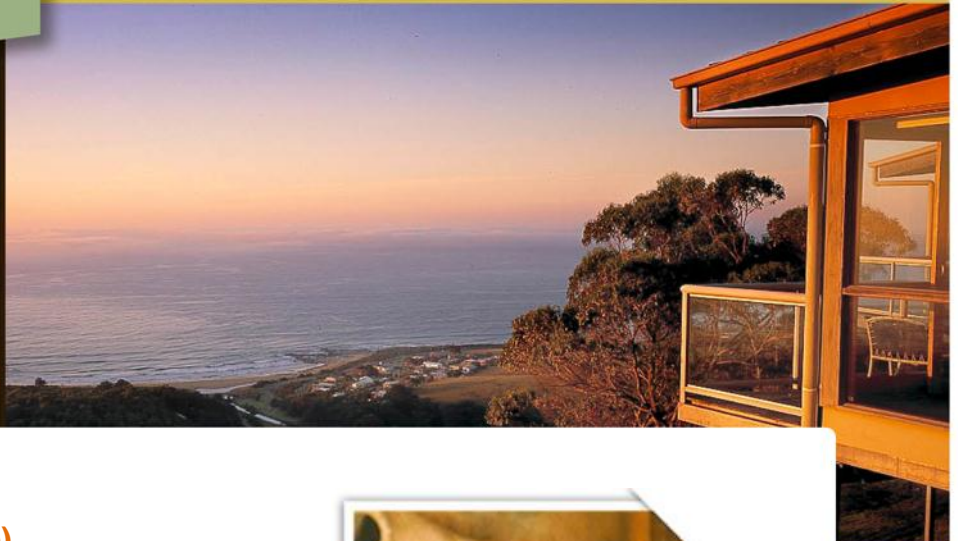


Chris's Restaurant

BEACON POINT



Kakavia (Seafood Soup)

This soup relies on a good mixture of fresh seafood for flavour and colour, and the following is just a guide.
(Serves 6)

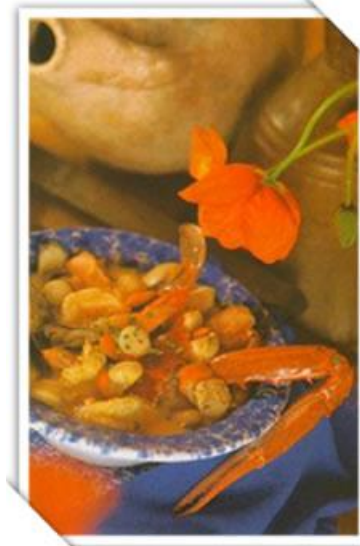
Ingredients

Vegetable Purée

125ml olive oil
2 onions, diced
4 large potatoes, diced
3 medium carrots, diced
1/4 head celery, diced
1/4 pumpkin, diced
4 cloves garlic, diced
salt and black pepper

Soup

Sufficient vegetable purée to thicken
(about 2 tablespoons per person)
1 litre fish stock
250ml cream



6 large green prawns
12 large mussels
crayfish and/or crab pieces
6 oysters
300g boneless whitefish, cubed
300g scallops
finely chopped chives, for garnish

Method

Vegetable Purée

Heat the olive oil in a large heavy-based saucepan, add all of the diced vegetables and seasoning. Cover, and simmer for 30-40 minutes, until vegetables are tender. Remove from heat and purée in a food processor. Pass through a sieve for a smooth paste.

Soup

In a saucepan blend the vegetable purée, fish stock and cream. Bring to the boil and then reduce the heat to simmer. Add the seafood and cook slowly until all of the seafood is just cooked, about 5 minutes. (Do not overcook, as the seafood will become tough and tasteless) Spoon into bowls and garnish with freshly chopped chives.