



## DR. SINATRA'S MEDITERRANEAN STEW

Bouillabaisse is a popular French soup in which all ingredients simmer together in a mouth-watering, nutritious broth. In this healing twist on the Mediterranean classic, garlic and onions form the soup base while halibut, [cabbage and cauliflower](#) build up layers of flavor. Fragrant saffron and fennel seed provide the finish. Make sure to use the freshest seafood.

*\*Choose organic items whenever possible\**

- 1 teaspoon light [olive oil](#)
- 2 tablespoons minced [garlic](#)
- 1 large yellow onion, peeled and finely chopped
- 1 tablespoon finely chopped fresh thyme
- ¼ cup finely chopped fresh parsley
- 4 basil leaves
- 1 bay leaf
- ¼ head cabbage, finely chopped
- 1 pound cauliflower, finely chopped
- 2 quarts low-sodium fish stock
- 3 pounds halibut, cod, snapper or [salmon](#) filets
- 2 cups kale, cut into 2-inch pieces
- 6 saffron threads, crumbled
- 1 ½ teaspoons salt
- Pinch fennel seeds

Heat the olive oil in a large stockpot over medium-low heat. Add the garlic, onions, thyme, parsley, basil and bay leaf. Stir gently until aromatic, and the onions start to soften, about 3 minutes. Add the cabbage, cauliflower, fish stock and seafood and bring the liquid to a slow boil. Simmer for 10 minutes, or until the fish starts to turn opaque. Add the kale, saffron, salt and fennel seeds and cook for another 5 minutes. Spoon the soup into deep bowls and serve. Serves 8

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