

Beans and Greens



MEAT, FISH AND CHEESE ALTERNATIVES



Hea Kuldse Kulbi võistusest osavõtja!

Tutvustame Sulle õppematerjali tööversiooni, mis valmib projekti Culsus (Culinary Competences for Sustainable Cooking) raames ja käsitleb liha, kala ja juustude asendamist täistaimsetes menüüdes. Projekti partneriteks lisaks meie koolile on Berliini Tehnikaülikool, EPIZ koolituskeskus Berliinis ja Varna Ülikool. 2025 valmib projektitöös 4 erinevat kokaõppe tööraamatut, mis käsitlevad taimse ja täistaimse toidu kestlikku valmistamist. Tööraamatud tõlgitakse eesti, saksa ja bulgaaria keelde ja on edaspidi kättesaadavad veebis.

Õppematerjali tööversiooni kala ja mereandide teemaline peatükk on Sulle teadmiste täiendamiseks ning inspireerituseks, et luua merest inspireeritud täistaimne eelroog.

Õppematerjal on hetkel inglise keeles.

Head mõttelendu ja tegusat ettevalmistusperioodi võistluseks!

2.FISH ALTERNATIVES

Introduction

Classic cookbooks often feature extravagant seafood platters filled with lobster, prawns, oysters, and more. In the Nordic region of Europe, it's common to enjoy cold-smoked or salted salmon and shrimp-topped sandwiches. However, alongside these culinary delights arise concerns about toxins, microplastics, overfishing, and sustainability. Have you ever encountered a plant-based seafood platter? This chapter explores the growing emphasis on vegan alternatives.

There are many fish products and dishes that can be made with plant-based ingredients, offering similar flavors and textures. While developing these alternatives can be more challenging than crafting meat substitutes, innovations in large-scale production have made convincing plant-based seafood widely available in stores. You can also create your own alternatives using nutrient-rich sea vegetables like algae, which infuse your dishes with the taste of the ocean.

Seaweed cultivation not only benefits marine ecosystems by supporting carbon sequestration and nutrient cycling, but it also represents a sustainable choice for both the planet and your health. Join us as we dive into the world of plant-based seafood, discovering how to create and prepare delicious dishes with a reduced environmental impact.



2.1. Main Raw Ingredients

There are numerous ingredients available for creating seafood alternatives. Refer to the table below for a list of some of the most common options.

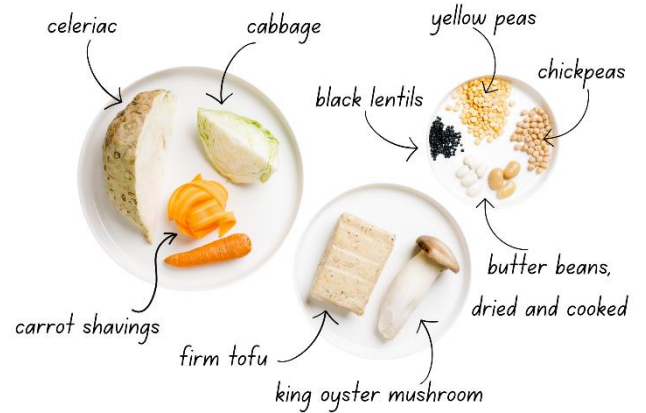


Table 3. Main Ingredients

Figure 6. Main Ingredients for Making Fish Alternatives

foodstuff	texture	additional information	where to use
tofu	two types of tofu: silken tofu and firm tofu	absorbs flavors well	firm tofu as “fish” fingers, silken tofu as spreads
root celeriac	tough when raw, tender when cooked or baked, good flakiness when grated	considered an allergen	patties or “fish” cakes, marinated or smoked “fish” slices
carrot	tough when raw, tender when cooked, baked or roasted, good flakiness when grated	good color	“vegan salmon” aka carrot lox, salted or smoked
cabbage	good flakiness when grated and sauteed	mild in taste	“fish” cakes
dried yellow peas	crunchy texture when soaked and sautéed, creamy when cooked	good cheap ingredient and locally grown	spreads “vegan tuna” patties
chickpeas dried or canned, flour	creamy in texture when cooked or canned and pureed	have good binding features	good for spreads, patties and “vegan tuna”, “fish and chips”
beans dried or canned (white and butterbeans)	creamy in texture when cooked or canned and pureed	have good binding features	fish curry and patties “fish” in cream sauce “fish and chips”
black lentils dried or canned	similar to caviar	mimics caviar well, do not overcook!	vegan caviar
king oyster mushroom	slightly denser than scallops but mimics it well	mimics scallops well in shape and color	scallops

2.2. How to Enhance Nutritional Value

Fish and seafood are abundant sources of protein, omega fatty acids, and essential vitamins, including D, B12, B3, A, and E, as well as important minerals such as potassium, calcium, phosphorus, selenium, and iodine.¹ This knowledge can be utilized when selecting alternatives to fish. Check out the bubbles below to discover which ingredients can help you achieve similar nutritional benefits.^{2 3}



¹ Soots, A. (2018) Tervist toidust. Tervisliku ja tasakaalustatud toitumise alused 1.osa.

² Tervise Arengu Instituut. Mineraalained. <https://toitumine.ee/energia-ja-toitainete-vajadused/mineraalained> (28.05.2024)

³ Tervise Arengu Instituut. Vitamiinid. <https://toitumine.ee/energia-ja-toitainete-vajadused/vitamiinid> (28.05.2024)

2.3. How to Cook

2.3.1. Achieving Similar Texture and Appearance

Carrot Lox/Smoked Carrot/Vegan Salmon: A perfect addition to bagels, seafood pasta dishes, sandwiches, and wraps. Carrot lox can be prepared in various ways—check out the recipe below for more details.

Chickpea “Tuna” Salad: Made with mashed chickpeas or yellow peas, vegan mayonnaise, celery, red onion, mustard, nori flakes, lemon juice, pepper, and salt for a delicious and hearty spread.

Tofu “Fish” Filets: Season tofu with soy sauce, garlic powder, onion powder, lemon juice, salt, and pepper, then wrap a moistened nori sheet around it. Bake or fry until crispy.

Fish Fingers with Tofu and Nori: Mimic traditional fish fingers by adding seaweed flakes to your breadcrumbs. Season tofu to your liking, dip it in tempura batter, coat it with breadcrumbs, and fry until crispy all around. Alternatively, wrap tofu in nori, then batter and crumb it before frying until golden.

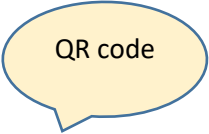
Fish and Chips: Enjoy this classic dish by adding seaweed flakes to your batter. Use tofu, sliced and baked root celeriac, or well-seasoned mashed chickpeas as a substitute for fish. Fry in bubbling oil for a satisfying crunch.

Mushroom Scallops: Create scallops from king oyster mushrooms by slicing them into scallop-like rounds. Marinate in a mixture of soy sauce, mirin, sugar, and seaweed, then sear in a hot pan until golden. For an added umami kick, briefly boil them in seaweed broth.

Jackfruit is ideal for **crab cakes or just easy fishcakes** due to its similar texture, canned jackfruit's texture is ideal for these dishes. Combine jackfruit with breadcrumbs, mustard, scallions, lemon juice, nori flakes, salt, and pepper, form into patties, and fry or bake.

Celeriac Fish Cakes: Root celeriac serves as a fantastic stand-in for fish when seasoned with seaweed, lemon, capers, and dill, providing a delightful bite—see the recipe for details!

Lentil Caviar: Add protein and texture to your dishes with lentils. Using black Beluga lentils, season with soy sauce, seaweed flakes, or strips of nori to create a **vegan caviar**. Be sure not to overcook the lentils! Enhance with black sesame seeds or poppy seeds for added color and texture.

 QR code

Check the QR code for more information how to use different produce to make fish alternatives: daikon as a white fish, vegan ceviche, white fish sauce, vegan caviar of chia seeds, fish cakes from yellow peas, chickpeas and seaweed.

Info under QR:

*Daikon, or white Japanese radish, serves as an excellent alternative to **white fish**. To prepare it, blanch slices in salted water infused with celery, bay leaves, dill, and white pepper until they are moderately soft. Enhance the flavor further by seasoning with celery salt, kala namak (black salt), or powdered seaweed. Serve these blanched slices as a refreshing cold appetizer. For a vibrant twist, consider adding color using beetroot or carrot juice. The blanched daikon can also be dipped in batter and deep-fried, making it a great substitute for squid.*

***Ceviche**, a beloved Peruvian dish traditionally made with fish or shellfish marinated in citrus and spices, can be creatively adapted using king oyster mushrooms or blanched daikon. Simply marinate the mushrooms or daikon in lemon juice and season with the methods described above and below for a delightful cold appetizer.*

*Chia seeds are a popular choice for creating a **vegan caviar** alternative due to their high omega fatty acid content. To make chia caviar, blend water, fresh ginger, soy sauce, and nori strips into a smooth liquid. Once combined, stir in the chia seeds and whisk thoroughly. Let the mixture sit for a few hours to allow the chia seeds to absorb the liquid and expand.*

***Fish cakes** of yellow peas or chickpeas and seaweed - soaked yellow peas or chickpeas give a nice crunch when processed in a food processor with nori sheet or seaweed flakes. Add turmeric, salt and pepper, capers, juice and grated rind of a lemon to your taste, fresh dill and mould into patties or balls, fry with generous amounts of oil for the crispiest of outcomes. You can grate some potatoes in your mix and you'll get much softer patties.*

***White "fish" sauce** - transform a classic béchamel sauce into a flavorful fish-inspired stew by incorporating white butter beans, which provide a meat-like texture and a satisfying bite. Simply add fennel, dill, capers, freshly ground white pepper, and a squeeze of lemon juice. This sauce pairs wonderfully with new potatoes and asparagus when in season. For an exotic twist, blend coconut milk with lime leaves, sweet potatoes, plantains, and green peas to create a delicious Caribbean fish stew.*

Fish alternatives EXERCISE 1

Check also QR-code for answers. Fill in the table.

Suggest a method for making vegan caviar.	
Which plant-based ingredient would you use to replicate ceviche?	
Identify two ways to substitute fish and seafood with daikon.	
List three key ingredients suitable for making fish cakes.	

2.3.2. Ready-Made Fish Alternatives

The plant-based and alternative protein industry has made remarkable progress in developing texture-rich, flaky fish alternatives that cater to both vegans and those looking to reduce their traditional seafood consumption. These innovative products provide sustainable and cruelty-free options that are often difficult to replicate at home.

Many alternatives are designed to mimic the flakiness and texture of classic fish filets, as well as more adventurous options like shrimp, calamari, and squid. These products are commonly found in the frozen section of supermarkets.

Numerous alternatives incorporate a blend of legumes and seaweed, resulting in ready-made vegan shrimp, fish burgers, crab cakes, crusted "fish" filets and sticks, fish spreads, and smoked "fish" filet strips, all perfect for quick sandwiches and salads.

Innovation continues to enhance the imitation of fish, including techniques like 3D printing using pea proteins. The future looks promising for sustainable seafood alternatives, offering a brighter outlook for our oceans!

2.3.3. How to Season and Seasoning Options

Seaweeds, such as **kelp**, **nori sheets**, various **seaweed flakes** and **wakame**, are fantastic additions to vegan cooking for infusing seafood-like flavors into your dishes. Smoked carrot, for example, can mimic the taste of smoked salmon beautifully. Exploring the diverse world of seaweeds allows you to experiment with different flavor profiles that enhance your vegan meals and add a delightful hint of the ocean. The natural flavors of certain seaweeds can deliver a fishy or seafood-like taste without relying on actual seafood, helping to combat overfishing.

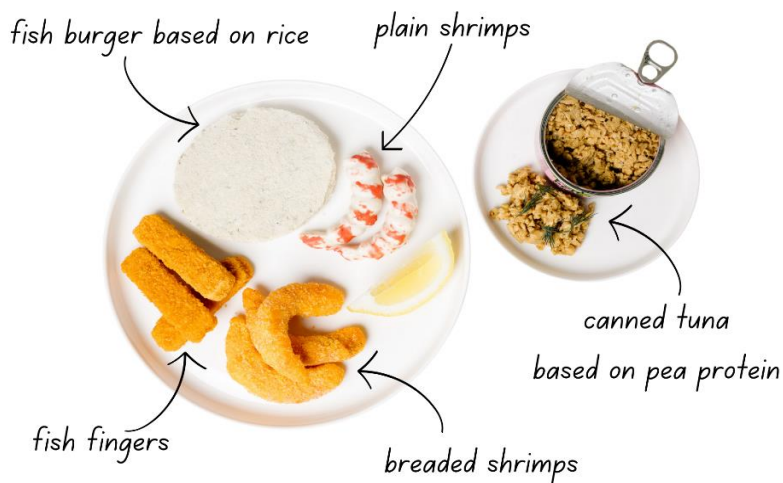


Figure 7. Examples of Vegan Fish Alternatives

This seafood flavor is particularly beneficial for those following a vegan or vegetarian diet who miss the taste of fish. Embrace these unique seasonings to elevate your dishes while supporting sustainable practices!

TIPS AND TRICKS!

Seaweeds add a distinct umami flavor and a touch of oceanic essence to vegan recipes. When incorporating seaweed into your cooking, it's best to start with small amounts and adjust to your personal taste, as their flavor can be quite potent. A little seaweed goes a long way in enhancing your dishes!

GOOD TO KNOW!

Seaweeds are abundant in natural glutamates, which enhance the umami flavor in dishes. Additionally, they are packed with essential minerals such as iodine, iron, and calcium, providing valuable nutritional benefits to your meals.

Nori sheets are commonly used in sushi rolls, imparting a delightful seafood flavor to the rice and vegetables. You can crumble nori sheets or cut them with scissors to sprinkle over salads, rice dishes, or vegan seafood alternatives for a subtle hint of the ocean. They also work well in dukkah mixes, adding a unique twist to sandwiches or pasta.

Dried wakame is a beloved addition to miso soup, providing a delicate sea flavor. Simply rehydrate the wakame before adding it to the soup, or toss it with fresh vegetables for a distinctive texture and flavor. It adds a satisfying bite to green salads, “fish” soups, or stews.

Kelp flakes serve as a versatile seasoning that can be sprinkled on a variety of dishes. Incorporate kelp flakes into marinades for plant-based proteins like tofu or tempeh to infuse them with a seafood-like flavor.

Dulse flakes, known for their slightly chewy texture, make a great garnish for pasta, salads, or even vegan seafood stews. You can create a flavorful seaweed broth or stock by simmering seaweed (such as kombu) with aromatic vegetables. This rich broth can be used as a base for soups, stews, or risottos, enhancing them with a delicious seafood essence.



Figure 7. Various Ingredients to Mimic or Support the Fish Taste

TIPS AND TRICKS!

Mix finely chopped seaweed, such as dulse or nori, into vegan butter to create a flavorful seaweed-infused spread. Top it off with a sprinkle of sesame seeds for added crunch. This delightful spread is perfect for use on bread, roasted vegetables, or grilled dishes. Incorporate it into your vegan oceanic plate for a touch of the sea in every bite!

FUN FACT!

Traditional herbs beautifully complement seafood and enhance the fishy flavors in dishes. Spices such as **fennel** (including its seeds), dill, and white pepper pair wonderfully with fish-like tastes. If seaweed isn't your preference, don't worry—**dill** is an excellent alternative that can still provide a fresh, aromatic profile!

Alternatively, you can enhance oceanic flavors using various homemade seasoning salts. For example, you can create **celery salt** by blending leaves from root celeriac with sea salt or mixing dried root celeriac powder with sea salt. **Capers** also serve as a fantastic substitute for anchovies in sauces or tuna-like spreads, adding a briny, umami-rich flavor that mimics the taste of the sea.

FUN FACT!

Two plants that capture the essence of the sea are:

Salicornia: Often found adorning fish dishes in upscale restaurants, this plant boasts a natural salty flavor. Known as sea asparagus, samphire, or glasswort, it can be enjoyed fresh, sautéed in vegan butter, or cooked. When dried and powdered, it can even be used as a salt substitute.

Sea Kale: While it may not be widely recognized everywhere, sea kale is a popular choice in Europe and the British Isles. This versatile plant can be served as a side dish, used in cabbage rolls with young leaves, or crafted into dishes featuring capers from its flower buds.



Fish alternatives EXERCISE 2

Identify one or two key ingredients for creating fish alternatives, along with your preferred seasonings. Please fill in the table below!

Fish Alternative	Main Ingredients	How to Season How to Enhance the Sea Flavor
Vegan Tuna Spread for Sandwiches		
Fried Vegan Scallops as an Appetizer		
Fish Fingers as a Main Course		

2.4. Considering Sustainable Aspects

Plant-based seafood is gaining popularity as traditional seafood faces significant sustainability challenges. Our oceans are increasingly polluted with microplastics, while overfishing is depleting fish stocks and disrupting marine ecosystems. Additionally, aquaculture can contribute to disease outbreaks, waste accumulation, and local water pollution.

To protect our seas, we need to reduce fishing efforts, minimize the environmental impact of fishing gear, and make informed choices about our seafood consumption—whether that means choosing different types of fish or eliminating fish altogether. This highlights the importance of creating your own vegan and sustainable "fish" alternatives, which can be featured in restaurants and cafes while effectively mimicking oceanic flavors.

The relationship between overfishing, the growing concerns surrounding fish farming (aquaculture), and the expanding market for plant-based seafood alternatives represents a promising synergy between problem and solution. By embracing these alternatives, we can contribute to a more sustainable future for our oceans.

GOOD TO KNOW - IF YOU REALLY HAVE TO EAT FISH!

Choose Small Fish: Opt for smaller species like herring or sprat, as they are generally in a more sustainable situation compared to larger fish. Small fish also tend to grow to maturity faster than their larger counterparts.

Explore Variety: Experiment with different types of fish in your purchases. By diversifying your choices, you can help alleviate the pressure on popular and overfished species.⁴

However, an even more sustainable choice would be to enjoy root celeriac and carrot lox!

Overfishing depletes fish populations, disrupts marine ecosystems, and jeopardizes the livelihoods of communities that rely on fishing. Additionally, bycatch of non-target species contributes to biodiversity loss. Practices like bottom trawling damage the seafloor, harming marine life and disrupting the habitats of various sea animals and flora. This imbalance can lead to collapsed fish stocks, which have dire consequences for fishing communities.

Aquaculture also raises significant concerns, including disease outbreaks, concentrated waste, and pollution that negatively affect surrounding waters and local ecosystems. Furthermore,

⁴ Kalafoor. Kuidas kestlikku kala valida. <https://kalafoor.ee/kuidas-valida-kala> (30.03.2024)

maintaining fish farms often requires substantial energy and resources, contributing to their environmental impact.⁵

To protect our seas, we must reduce fishing efforts today, minimize the environmental impact of fishing gear, and be willing to **change our choices** at the fish counter. As the sea ecosystem continues to evolve, so too must our human activities—this includes reconsidering how we fish, the types of fish we consume, and even the decision to eliminate fish from our diets altogether.

Make the switch to help save the seas!

GOOD TO KNOW!

Look for certifications like the **Aquaculture Stewardship Council (ASC)** to ensure you're choosing responsibly farmed seafood and to **help drive positive change** in the industry. Additionally, regionally recognized labels such as **KRAV or Dolphin Safe** encourage fishermen to adopt more environmentally sustainable practices, pushing for safer fishing methods that protect marine ecosystems.⁶

Opt for local, seasonal and sustainably sourced seafood!

When you're unsure about the origin of the fish or its sustainability, choosing local options is the best approach. Consuming fish that has been transported from the other side of the world is not environmentally friendly. By selecting seafood with transparent sourcing and production practices, you can also explore **plant-based alternatives that are kinder to the planet.**

Certainly, the environmental impact of plant-based alternatives also hinges on how the ingredients are sourced. The processing and packaging of these alternatives contribute to their overall ecological footprint. However, there's no need to lose sleep over it—**plant-based alternatives generally have a lower carbon footprint** compared to traditional seafood and require fewer resources, such as water and land, than fish farming.

Choosing plant-based fish alternatives, ensuring transparent ingredient sourcing, and prioritizing local options are essential steps toward sustainability. Plant-based alternatives can offer environmentally friendly options that are both tasty and versatile! The development of innovative foods, algae-based products, and even lab-grown seafood may offer more sustainable solutions for the future.

Addressing issues like overfishing and unsustainable aquaculture practices is critical

⁵ Eestimaa Looduse Fond. Mis on kestlik kalandus. (11.11.2022) <https://elfond.ee/maaelu/mis-on-kestlik-kalandus> (14.03.2024)

⁶ Eestimaa Looduse Fond. (11.11.2022) <https://elfond.ee/maaelu/mis-on-kestlik-kalandus> (14.03.2024)

⁷ and requires our collective attention and action.

QR code

Check the QR code for additional information about the labels ASC and MSC and also problems of MSC certification.

Various eco-labels and environmental certifications are available on many fish and seafood products, providing consumers with information about the reduced environmental impact of the fishing practices used for these species.

*The most recognized fish and seafood labelling systems worldwide are the **Marine Stewardship Council (MSC)** and the **Aquaculture Stewardship Council (ASC)**. The MSC label indicates that the origin of the fish is traceable and that its capture minimally harms the environment. In contrast, the ASC certification assures consumers that the fish and seafood have been farmed sustainably and without the use of antibiotics.*

However, there have been concerns regarding MSC certification, as it does not always guarantee the environmental friendliness of certified fisheries. Tuna fishing, in particular, has faced significant issues. In some instances, the eco-label has been awarded to overfished species, such as Baltic cod, whose populations require time to recover. The eco-label can also be given to companies that use environmentally harmful fishing methods. There is also fishing for endangered, threatened and protected species. Ecolabels do not consider social impact and cannot be sure that child or slave labour is not used.

<https://kalafoor.ee/et> (30.03.2024)

GOOD TO KNOW!

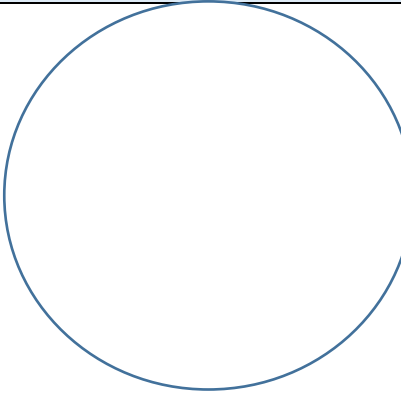
Avoid deep-sea species, as they tend to grow more slowly and are more vulnerable to overfishing.

Additionally, steer clear of fish listed on the red list. This includes species such as halibut, eel, and spiny sharks.

⁷ Kalafoor. Valik kestlik kala. <https://kalafoor.ee/et> (30.03.2024)

Fish alternative EXERCISE 3

Design a plant-based fish alternative main course for a restaurant, highlighting the key components of your dish. Consider the nutritional value, textures, flavors, and cooking techniques used to create a well-rounded and satisfying meal.

Main Component and Cooking Method		Visualize Your Dish Here
Sauce (hot or cold)		
Side dish 1		
Side dish 2		
Decorations		
Complete Name of the Dish for the Menu:		

2.5. Recipes for Fish Alternatives

SMOKED CARROT (CARROT LOX)

Preparation

Ingredients:

4 large carrots

15 g light soy sauce or salt

1 nori sheet or seaweed flakes

Lemon or quince juice or mild white wine vinegar to taste

30 g of rapeseed oil

0,8 ts of liquid smoke

Peel the carrots and pull wide ribbons using a vegetable peeler until you have no more carrot left in your hand.

- Note: Any leftover carrot can be used for making soup, broth, salad, pasta sauce, or can be enjoyed as a healthy snack.

In a baking dish, combine the carrot strips with rapeseed oil and salt. Bake at 200°C (392°F) for 10 minutes, keeping an eye on them to ensure they turn out slightly crunchy.

While the carrots are baking, finely cut the nori leaves with scissors, or crush them in a coffee grinder. Alternatively, you can use ready-made seaweed flakes.

Once the carrots are done, mix them with the light soy sauce and liquid smoke.

Allow the mixture to cool, then transfer it to a jar or glass container with a lid. Store in the refrigerator, where it will keep well for up to 4 days.



SPICED EGG-PLANT a la BALTIC SPRATS

Ingredients:

200 g eggplant

Salt

Rapeseed oil for frying

4 g crushed Baltic sprats spice mix (a blend of allspice, black pepper, nutmeg, coriander, cloves, ginger, cardamom, cinnamon)

Sauce:

1 tbsp soy sauce

3-4 tbsp rapeseed oil

Seaweed crumbs, for seasoning



Preparation

Slice the eggplant into 0,5 cm slices.

To reduce any bitterness, sprinkle the slices with salt and let them sit for 15 minutes until they release some moisture. Rinse the slices with cold water and drain well.

In a hot pan, fry the eggplant slices until they are tender and golden brown on both sides.

For the sauce, combine the soy sauce, spice mix, seaweed crumbs, and rapeseed oil. Add the sauce to the cooked eggplant and marinate for at least 1 hour to allow the flavors to meld.

Serve the marinated eggplant on rye bread with vegan mayonnaise as a delicious sandwich, or use it as a topping for potato salad.

ROOT CELERY AND NORI “NO FISH” PATTIES

Makes 8 Patties

Ingredients:

250 g firm tofu

250 g of celery root

1 onion

1-2 tbsp seaweed flakes

2 tbsp capers

Spring onions

Freshly ground black pepper

Salt, to taste

2-3 tablespoons oat cream

2 tbsp flour

Panko for breading

* instead of seaweed you can also use 0.5 nori leaves



Preparation

For the “No Fish” patties, begin by peeling and finely dicing the onion. Peel the celery root and grate it using a coarse grater. In a pan, sauté the onion and grated celeriac in oil until the onion becomes translucent and the celeriac is tender.

While the vegetables are cooking, chop the spring onion and capers. Cut the nori sheet into very thin strips using scissors.

Mix all the ingredients together until well combined. Taste the mixture and adjust the seasoning with salt as needed. If the mixture is too wet, add flour; if it’s too dry, stir in a bit of oat cream.

Shape the mixture into patties using wet hands and let them rest for a short time to help them firm up and develop flavor. If desired, coat the patties in panko breadcrumbs for extra crunch.

Fry the patties on medium heat until golden brown on both sides.

Serve the patties alongside a seasonal salad and cauliflower mac ‘n cheese (refer to the recipe in the cheese alternatives chapter).

VEGAN BOUILLABAISSE WITH WHITE BEANS AND SEAWEED

Serves 6

Ingredients:

120 g dried white butter beans (or 260 g canned beans)
800 g of crushed tomatoes
750 ml vegetable broth
2 tbsp oil (for frying)
75 g of celery root
50 g of leek or fennel
65 g of carrots
1 small red onion
1 clove of garlic
1 tsp fennel seeds
0.4 teaspoon of turmeric
1 tbsp dulse seaweed flakes
0.5 tbsp kombu seaweed flakes
or 2 sheets of nori
Salt, to taste
For Serving
Olive oil
Dulse seaweed flakes
Freshly ground pepper
Chili flakes (optional, for those who prefer a spicy kick)



Preparation

Soak the butter beans in water for 24 hours. After soaking, rinse the beans and boil them in plenty of clean water. Cover the pot and let them simmer until soft. Alternatively, you can use canned butter beans for convenience.

Once the beans are ready, pour the crushed tomatoes over them. Add additional liquid in the form of water or vegetable broth, depending on how much liquid the beans absorbed during cooking.

Peel the carrot and celery root, then chop them into thin strips. Clean and finely chop the onion and garlic. For the leek, cut it in half lengthwise, rinse it under running water, and then slice it into strips. If using fennel, slice it finely.

Heat the pan, add oil and carrot, celeriac, onion, garlic and leek. Then the turmeric, fennel seeds and stir for a few more minutes and pour everything from the pan into the tomato and beans. Also sprinkle seaweed flakes or nori pieces, additional salt to the soup pot if needed. Finish the soup with a splash of lemon juice for brightness.

When serving, drizzle the bouillabaisse with olive oil, sprinkle with additional seaweed flakes, and add freshly ground pepper for extra flavor. Enjoy!

FUN FACT!

Bouillabaisse is a traditional dish that consists of fish simmered with herbs, originating from the Provence region of France, particularly Marseille. This flavorful soup was originally prepared by fishermen on the beach, who would utilize the fish that was deemed unsuitable for sale in the market. Over time, bouillabaisse has evolved into a beloved culinary specialty, celebrated for its rich flavors and aromatic ingredients.⁸

⁸ New Concise Larousse Gastronomique. The Culinary Classic revised and updated. 2011, Great Britain.