**Breakdown of ingredients for broth, rouille and ‘final’ cook**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Bouillabaisse component** | **Ingredient** | **Quantity** |  | **Losses** | **Quantity** |  |
| **Broth** | olive oil | 40000 | g | total | 495200 | g |
| **Broth** | fennel | 10000 | g | filter & other losses - 25% | 123800 | g |
| **Broth** | red pepper | 20000 | g | ‘broth’ left | 371400 | g |
| **Broth** | sea salt | 2000 | g |  |  |  |
| **Broth** | tarragon | 4000 | g |  |  |  |
| **Broth** | black pepper | 800 | g |  |  |  |
| **Broth** | fish bones | 200000 | g |  |  |  |
| **Broth** | chopped tomatoes | 200000 | g |  |  |  |
| **Broth** | tomato paste | 6000 | g |  |  |  |
| **Broth** | saffron | 200 | g |  |  |  |
| **Broth** | lemon juice | 4000 | g |  |  |  |
| **Broth** | butter | 8000 | g |  |  |  |
| **Broth** | black pepper | 200 | g |  |  |  |
| **rouille** | egg yolk (UHT) | 10000 | g | total | 215200 | g |
| **rouille** | salt | 400 | g | losses - 5% | 10760 | g |
| **rouille** | 1 lemon | 2000 | g | ‘rouille’ left | 204440 | g |
| **rouille** | saffron | 200 | g |  |  |  |
| **rouille** | cayenne pepper | 200 | g |  |  |  |
| **rouille** | olive oil | 40000 | g |  |  |  |
| **rouille** | veg oil | 40000 | g |  |  |  |
| **rouille** | garlic cloves | 2400 | g |  |  |  |
| **final** | salmon | 40000 | g | total | 257200 | g |
| **final** | pollock | 40000 | g | losses - 10% | 25720 | g |
| **final** | monkfish | 40000 | g | ‘final’ left | 231480 | g |
| **final** | mussels | 15000 | g |  |  |  |
| **final** | scallops | 15000 | g |  |  |  |
| **final** | herb mix | 1200 | g |  |  |  |
| **broth** |  | 100000 | g |  |  |  |
| **rouille** |  | 6000 | g |  |  |  |