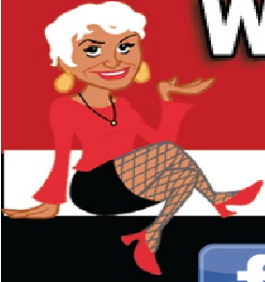


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BELGIAN FISH SOUP

Intermediate Lifestyle

Ingredients

4 cups water
2 cups white wine
1 medium carrot, cut in chunks
1 medium cooking onion
2 celery stalks
3 whole dried cloves
½ cup fresh broad leaf parsley (packed)
1 TSP dried tarragon
Morton's Lite salt
white pepper
1 lb. assorted fresh fish pieces (salmon, snapper, Tilapia, haddock, etc.)

Instructions

1. Warm a serving plate.
2. In large pot, bring all the above except the fish to a boil and then simmer 30 minutes.
3. After simmering, strain broth into large bowl then return to pot and warm.
4. Reserve carrots to slice and add to other vegetables served with the fish.
5. Taste and adjust seasoning. You can simmer broth a little longer to intensify its flavor. A splash of lemon juice can be added too.
6. Cut fish into small chunks and slip gently into the broth.
7. Poach fish pieces slowly in simmering broth until fish pieces become opaque (less than 10 minutes). Then, use a slotted spoon to remove them from broth into a warmed serving plate. Keep warm by covering the plate.
8. In a small bowl whisk together 1 egg and 2 TBS low-fat milk. Slowly dribble a little hot broth into the egg/milk mixture. Pour warmed egg mixture back into the broth in a thin stream, whisking gently. Do not boil or the soup will curdle.
9. Remove the pot from direct heat and serve warm.

Portion-Per-Serving Information: (Yields 4 servings) Serving = 1-1/2 cups clear soup + 3 oz. fish = 1 V, ½ P, ½ FT

Note: Floating a few thin lemon slices in each serving of broth adds a nice touch.