

Branzino Fish Soup

Hearty Mediterranean branzino fish soup recipe with aromatic herbs and vegetables. Perfect comfort food for cold weather - ready in 80 minutes.

20	60	80	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Branzino Fish Soup

Ingredients

- 1 branzino
- 1 clove garlic
- 1 onion
- 1 tbsp tomato paste
- 1 tomato
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp chili flakes
- 1 bay leaf
- 1 sprig fresh oregano
- 1 sprig rosemary
- 3 tbsp olive oil
- 0.7 lb mushroom

Instructions

- Prepare the aromatic base**

Finely chop the garlic, onion, and bell pepper. Heat olive oil in a large pot over medium heat and sauté the chopped vegetables until softened and fragrant, about 5-6 minutes. Season with salt while sautéing to help release the flavors.
- Build the flavor foundation**

Add tomato paste and bell pepper paste to the sautéed vegetables. Mix well and cook for 2-3 minutes until the pastes are well incorporated. Season with black pepper and chili flakes to taste.
- Add vegetables and liquid**

Peel and dice the fresh tomatoes, then add them to the pot along with the sliced mushrooms. Stir to combine and cook for 3-4 minutes until the tomatoes begin to break down.
- Create the broth**

Add enough water to create your desired soup consistency - typically 4-6 cups for a medium-bodied soup. Bring the mixture to a gentle simmer.

5 Season with herbs

Add the bay leaves, thyme sprigs, and rosemary sprigs to the simmering broth. Allow the soup to cook for 15-20 minutes so the herbs can infuse their flavors into the liquid.

6 Cook the fish

Gently add the skinned branzino fillets to the soup. Simmer for 8-10 minutes until the fish flakes easily with a fork and is cooked through.

7 Final touches

Remove and discard the bay leaves, thyme, and rosemary sprigs. Taste and adjust seasoning with salt and pepper as needed. Serve immediately while hot.

Tips

Remove the skin from the branzino fillets before adding to the soup to prevent any bitter flavors and ensure a clean taste.

Sauté the vegetables until they're soft and fragrant before adding liquid - this builds a deeper flavor foundation for the soup.

Add the fish during the last 8-10 minutes of cooking to prevent it from becoming tough and overcooked.

Taste and adjust seasoning at the end, as the fish will add its own subtle salinity to the broth.

Remove herb sprigs like thyme and rosemary before serving, but leave bay leaves visible so diners can easily avoid them.

For a richer broth, consider making a quick fish stock using branzino bones and vegetable trimmings.

Serve immediately after cooking for the best texture and flavor, as fish soups don't hold well for extended periods.

If the soup seems too thick, add hot water or fish stock gradually until you reach your desired consistency.