



## Bistro Bouillabaisse

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 cup celery thinly sliced
- 1 cup bottled clam juice
- 0.1 teaspoon tarragon dried
- 0.3 teaspoon thyme leaves dried
- 0.5 cup cooking wine dry white
- 0.5 teaspoon fennel seeds
- 2 tablespoons flat-leaf parsley fresh chopped

- 1 garlic clove minced
- 4 ounces grouper fillets white firm cut into 1-inch pieces
- 0.3 cup julienne-cut leek
- 8 littleneck clams
- 5 ounce lobster tail split
- 6 medium mussels scrubbed
- 1 tablespoon olive oil
- 0.5 cup onion vertically sliced
- 1 tablespoon pernod (licorice-flavored liqueur)
- 0.8 cup plum tomatoes diced
- 1 Dash saffron threads crushed
- 6 large shrimp deveined peeled
- 0.5 cup sacramento tomato juice

## Equipment

- sauce pan

## Directions

- Heat oil in a large saucepan over medium heat.
- Add onion and next 3 ingredients (through garlic); cook 5 minutes, stirring frequently.
- Add tomato, fennel seeds, thyme, tarragon, and saffron; cook 1 minute. Stir in wine and liqueur; bring to a boil. Reduce heat, and simmer 5 minutes.
- Add juices and pepper; bring to a simmer. Cook 10 minutes.
- Add clams and grouper; cook over medium heat 3 minutes or until clams begin to open.
- Add mussels, shrimp, and lobster; cook 4 minutes or until mussels open. Discard any unopened clams or mussels.
- Garnish with parsley.
- Wine note: In the south of France, where it originated, bouillabaisse is enjoyed with a wine that's considered obligatory and the perfect match: ros. Ros will work throughout this entire menu, from the crab cocktail to the crepes. A still ros would be fine, but why not heighten the

pleasure (and romance) and serve a California sparkling ros? Gloria Ferrer's nonvintage Brut Ros is smashing at \$ –Karen MacNeil

## Nutrition Facts

PROTEIN 35.57% FAT 27.5% CARBS 36.93%

### Properties

Glycemic Index:243.17, Glycemic Load:4.17, Inflammation Score:-9, Nutrition Score:31.203043771827%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 8.99mg, Apigenin: 8.99mg, Apigenin: 8.99mg, Apigenin: 8.99mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

### Nutrients (% of daily need)

Calories: 369.9kcal (18.5%), Fat: 9.6g (14.77%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 25.66g (9.33%), Sugar: 11.34g (12.6%), Cholesterol: 111.23mg (37.08%), Sodium: 683.56mg (29.72%), Alcohol: 9.02g (100%), Alcohol %: 2.07% (100%), Protein: 27.93g (55.87%), Vitamin K: 90.76µg (86.43%), Vitamin B12: 5.07µg (84.44%), Manganese: 1.49mg (74.73%), Selenium: 51.2µg (73.14%), Vitamin C: 42.25mg (51.22%), Vitamin A: 1847.88IU (36.96%), Phosphorus: 341.41mg (34.14%), Copper: 0.64mg (31.85%), Potassium: 1032.78mg (29.51%), Vitamin B6: 0.48mg (24.16%), Vitamin B3: 4.48mg (22.38%), Folate: 88.38µg (22.09%), Magnesium: 86.67mg (21.67%), Iron: 3.48mg (19.35%), Vitamin E: 2.59mg (17.26%), Zinc: 2.33mg (15.54%), Fiber: 3.33g (13.33%), Vitamin B1: 0.2mg (13.01%), Calcium: 120.98mg (12.1%), Vitamin B5: 1.18mg (11.77%), Vitamin D: 1.76µg (11.72%), Vitamin B2: 0.18mg (10.87%)