



WHATSheATE



Black Cod with Fennel Chowder and Smoked Oyster Panzanella

READY IN



45 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour
- ☐ 2 small bay leaves
- ☐ 4 fillet filets black with skin
- ☐ 0.3 cup celery finely chopped
- ☐ 8 ounce bottled clam juice
- ☐ 4 servings kosher salt
- ☐ 0.8 cup fennel bulb fresh
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.3 cup leek white green finely chopped (and pale parts only)
- ☐ 4.5 teaspoons juice of lemon fresh divided
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup dozens oysters smoked canned minced
- ☐ 0.3 cup panko bread crumbs toasted (Japanese breadcrumbs)
- ☐ 0.3 cup shallots finely chopped
- ☐ 5 tablespoons butter unsalted divided
- ☐ 0.8 cup whipping cream
- ☐ 0.8 cup milk whole
- ☐ 0.8 cup yukon gold potatoes peeled

Equipment

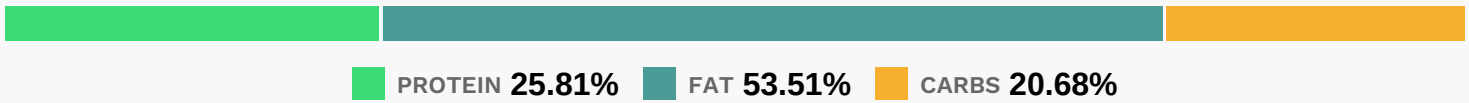
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in large saucepan over medium-low heat.
- ☐ Add fennel, potato, onion, and leek. Cover and cook until vegetables are just tender but not brown, about 8 minutes.
- ☐ Add flour, bay leaves, and thyme; stir 1 minute. Stir in clam juice, cream, and milk. Simmer until chowder thickens slightly and flavors blend, about 10 minutes.
- ☐ Mix in lemon peel; season to taste with salt and pepper. DO AHEAD: Can be made 1 day ahead. Cool 30 minutes; cover and refrigerate.
- ☐ Toss celery, shallot, parsley, 1 1/2 teaspoons lemon juice, lemon peel, and smoked oysters in medium bowl. Season celery-shallot mixture to taste with salt and pepper.
- ☐ Combine 3 tablespoons butter, thyme, and 3 teaspoons lemon juice in small saucepan.
- ☐ Whisk over low heat until butter melts and sauce simmers; season with coarse salt and pepper.

- ☐
- Remove from heat.Melt 2 tablespoons butter in large nonstick skillet over high heat.
- ☐
- Sprinkle fish withcoarse salt and pepper.
- ☐
- Add fish, skin sidedown, to skillet. Cook until skin is crispan d fish is just opaque in center, drizzling lemon–butter sauce over, 6 to 7 minutes.
- ☐
- Rewarm chowder over low heat;discard bay leaves. Divide chowder among4 shallow bowls.
- ☐
- Place fish, skin side down,in center of chowder. Stir panko into celery–shallotmixture; spoon over fish and serve.
- ☐
- * Available in the Asian foods section ofsome supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:109.94, Glycemic Load:9.19, Inflammation Score:-10, Nutrition Score:25.766956785451%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.53mg, Apigenin: 4.53mg, Apigenin: 4.53mg, Apigenin: 4.53mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 559.83kcal (27.99%), Fat: 33.46g (51.48%), Saturated Fat: 20.44g (127.74%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 25.78g (9.37%), Sugar: 9.11g (10.12%), Cholesterol: 167.26mg (55.75%), Sodium: 572.25mg (24.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.63%), Selenium: 61.38µg (87.69%), Vitamin K: 51.78µg (49.31%), Phosphorus: 492.47mg (49.25%), Vitamin B6: 0.74mg (37.2%), Potassium: 1267.09mg (36.2%), Vitamin A: 1720.58IU (34.41%), Vitamin B12: 2.06µg (34.35%), Vitamin C: 27.01mg (32.74%), Vitamin B3: 4.83mg (24.14%), Magnesium: 93.08mg (23.27%), Vitamin D: 3.01µg (20.06%), Vitamin B2: 0.34mg (20.03%), Vitamin B1: 0.29mg (19.45%), Calcium: 169.97mg (17%), Manganese: 0.34mg (16.91%), Vitamin E: 2.21mg (14.72%), Folate: 57.54µg (14.38%), Zinc: 2.13mg (14.17%), Iron: 2.39mg (13.29%), Fiber: 3.31g (13.24%), Copper: 0.23mg (11.57%), Vitamin B5: 0.93mg (9.26%)