



Bouchees Aux Fruits De Mer

READY IN



55 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 5 tablespoons butter divided
- 8 ounce bottled clam juice
- 0.8 pound crawfish tails peeled halved
- 1.5 cups cooking wine dry white divided
- 1 egg yolk
- 0.3 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 0.3 pound mushrooms fresh chopped

- 4 parsley sprigs fresh
- 6 servings garnish: parsley fresh chopped
- 0.5 teaspoon pepper
- 10 ounce puff pastry shells
- 0.3 teaspoon salt
- 1 pound scallops halved
- 2 shallots minced
- 1 pound shrimp fresh peeled halved
- 8 ounce cup heavy whipping cream sour
- 3 thyme sprigs fresh

Equipment

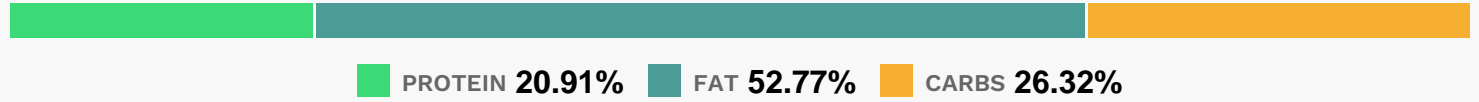
- frying pan
- oven
- dutch oven
- cheesecloth

Directions

- Bake pastry shells according to package directions. Set aside.
- Place fresh parsley sprigs, fresh thyme sprigs, and bay leaf on a 6-inch square of cheesecloth; tie with string. Set aside.
- Melt 2 tablespoons butter in a large skillet over medium heat; add shrimp, scallops, and crawfish, and saute 4 minutes or until done. Stir in 1/2 cup wine and 2 tablespoons flour, and cook, stirring occasionally, 5 minutes.
- Remove from skillet, and set aside.
- Melt 1 tablespoon butter in a Dutch oven over medium heat; add shallots and mushrooms, and saute until tender. Stir in remaining 1 cup wine and herb bag. Bring to a boil. Stir in clam juice, and cook until liquid is reduced to 1 1/2 cups (about 15 to 20 minutes). Discard herb bag.
- Melt remaining 2 tablespoons butter in skillet over medium heat, and add 1/3 cup flour, stirring until smooth. Cook, stirring constantly, 1 minute. Gradually stir into mushroom mixture.

- Stir together yolk and sour cream.
- Add to mushroom mixture; cook over low heat, stirring constantly, 5 to 6 minutes. Stir in salt and pepper. Spoon evenly into pastry shells, and top with seafood sauce.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:70.67, Glycemic Load:17.55, Inflammation Score:-9, Nutrition Score:21.779565069986%

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: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 10.07mg, Apigenin: 10.07mg, Apigenin: 10.07mg, Apigenin: 10.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 665.61kcal (33.28%), Fat: 36.66g (56.4%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 39.29g (14.29%), Sugar: 4.58g (5.09%), Cholesterol: 203.88mg (67.96%), Sodium: 875.29mg (38.06%), Alcohol: 6.18g (100%), Alcohol %: 1.97% (100%), Protein: 32.68g (65.36%), Vitamin K: 85.34µg (81.27%), Phosphorus: 552.07mg (55.21%), Selenium: 31.8µg (45.43%), Copper: 0.52mg (26.1%), Manganese: 0.51mg (25.39%), Vitamin B12: 1.45µg (24.09%), Vitamin A: 1177.68IU (23.55%), Folate: 90.79µg (22.7%), Vitamin B2: 0.38mg (22.31%), Vitamin B1: 0.32mg (21.36%), Vitamin B3: 4.13mg (20.67%), Potassium: 660.5mg (18.87%), Magnesium: 74.04mg (18.51%), Iron: 3.33mg (18.48%), Zinc: 2.61mg (17.38%), Calcium: 129.55mg (12.96%), Vitamin C: 10.37mg (12.56%), Vitamin B6: 0.21mg (10.68%), Vitamin B5: 0.85mg (8.54%), Fiber: 1.84g (7.36%), Vitamin E: 0.93mg (6.18%), Vitamin D: 0.2µg (1.33%)