

Bouillabaisse

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bouquet garnic (see Cook's note)
- 8 servings ground pepper
- 1 tablespoon chervil chopped
- 1 fennel bulb cored trimmed sliced
- 1.5 quarts fish stock
- 2 tablespoons flat parsley chopped
- 3 garlic clove peeled chopped
- 8 servings garlic aioli for serving (Rouille)

- 8 servings pepper black freshly ground
- 1 small leek light white green sliced
- 0.5 cup olive oil
- 1 large onion peeled sliced
- 2 medium baking potatoes diced peeled
- 1 teaspoon saffron threads
- 3 pounds seafood white assorted firm cleaned cut into bite-size chunks (fish such as monkfish or bass, and shrimp, mussels, cockles, or lobster)
- 1 large tomatoes peeled seeded chopped
- 1 tablespoon tomato paste

Equipment

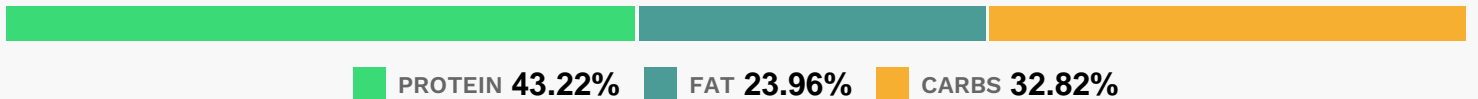
- bowl
- ladle
- pot
- cheesecloth

Directions

- In a large, heavy-bottomed stockpot over medium-high heat, heat the olive oil.
- Add the fennel, onions, and leeks and cover with a tight-fitting lid. Cook the vegetables, stirring occasionally, until just beginning to tenderize, about 5 minutes.
- Add the tomato and garlic, re-cover the pot, and continue cooking until the tomatoes begin to break down, 2 to 3 minutes.
- Add the tomato paste, cayenne, saffron, potatoes, fish stock, and bouquet garni. Season with salt and pepper and bring the liquid up to a boil. Cover the pot, reduce the heat to medium, and simmer until the potatoes are cooked, 10 to 15 minutes.
- Add the seafood in order of firmness and cooking time, with the denser fillets of fish going into the pot first, followed by shellfish and then shrimp. Simmer the soup, stirring very minimally to preserve the whole pieces of seafood, until the shellfish have opened and fish fillets have cooked through, 5 to 10 minutes total, depending on the seafood being used.

- To serve, remove and discard the bouquet garni. Carefully remove the fish and shellfish, arranging them on a large serving platter or in warm bowls. Ladle the broth and potatoes over fish and garnish with the herbs.
- Serve warm.
- A bouquet garni is a classic addition to soups, stews, and broths that are not going to be strained before serving. Aromatics such as celery, peppercorns, thyme sprigs, parsley stems, and leeks are wrapped up in cheesecloth, tied, and then added to a simmering pot of ingredients. The entire package is then thrown away before serving the dish.

Nutrition Facts



Properties

Glycemic Index:58.47, Glycemic Load:9.64, Inflammation Score:-8, Nutrition Score:14.055652214133%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 294.77kcal (14.74%), Fat: 7.95g (12.24%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 19.96g (7.26%), Sugar: 4.18g (4.64%), Cholesterol: 1.33mg (0.44%), Sodium: 2173.57mg (94.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.57%), Vitamin K: 57.71µg (54.96%), Vitamin A: 1547.57IU (30.95%), Manganese: 0.43mg (21.7%), Vitamin C: 17.25mg (20.91%), Potassium: 725.51mg (20.73%), Vitamin B6: 0.38mg (18.85%), Vitamin B3: 3.73mg (18.67%), Iron: 3.35mg (18.6%), Fiber: 4.56g (18.22%), Calcium: 138.46mg (13.85%), Phosphorus: 130.11mg (13.01%), Copper: 0.24mg (12.11%), Vitamin E: 1.78mg (11.87%), Folate: 46.99µg (11.75%), Magnesium: 38.22mg (9.55%), Vitamin B2: 0.13mg (7.44%), Vitamin B1: 0.09mg (5.92%), Zinc: 0.68mg (4.53%), Selenium: 2.58µg (3.68%), Vitamin B5: 0.3mg (3.02%), Vitamin B12: 0.18µg (2.96%)