



Bouillabaisse



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 alaskan snow crab legs frozen thawed cooked cut into 2-in. pieces; or 1/2 lb. dungeness crab, cracked
- ☐ 8 servings platter of marinated fish
- ☐ 4 cups fish stock
- ☐ 3 garlic cloves chopped
- ☐ 1 leek white chopped
- ☐ 1 pound california mussels
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 pound spot prawns
- ☐ 1 teaspoon sea salt fine
- ☐ 1 pound california squid separated cut into 1/2-in. rings calamari
- ☐ 3 sprigs thyme leaves
- ☐ 3 large tomatoes red canned ripe peeled chopped
- ☐ 1 cup white wine
- ☐ 1 medium onion yellow chopped
- ☐ 8 servings rouille
- ☐ 8 servings rouille

Equipment

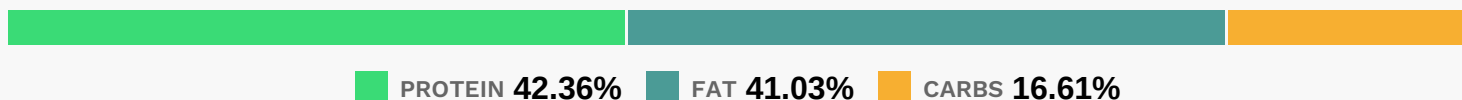
- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ Heat oil in a large, wide pot over medium-high heat. Saut leek and onion until translucent, 2 minutes.
- ☐ Add garlic, then fennel slices from under fish on platter. Saut 2 minutes, then add tomatoes, stock, wine, bay leaf, thyme, pepper, and salt.
- ☐ Remove fish from platter; set aside. Lift off fennel stalks and fronds and discard. Scrape marinade into broth. Bring to a boil, covered; then simmer, covered, until fennel slices are meltingly soft, 30 minutes. Meanwhile, bring 1 qt. water to a boil.
- ☐ Bring broth to a rolling boil.
- ☐ Lay in the halibut and add enough boiling water to just cover fish. Cook until just opaque, 5 to 7 minutes; transfer to a platter and cover.
- ☐ Add thinner fish fillets and spot prawns and cook just until opaque, 2 minutes; transfer to platter as done.
- ☐ Add crab and mussels and cook just until mussels open, 5 minutes.

- ☐ Transfer both to platter.
- ☐ Add squid and cook just until opaque, about 1 minute; transfer to platter. Bathe platter with a ladle of broth.
- ☐ Remove bay leaf and thyme.
- ☐ Ladle about 1 cup broth each into big soup bowls (keep broth hot for a second serving, covered). Bring bowls, platter, rouille, and toasts to the table. Put a little of each seafood in every bowl and top with a dollop of rouille.
- ☐ Serves 8 to
- ☐ Add fish to remaining broth and keep, chilled, up to 5 days.
- ☐ Buying Guide
- ☐ When choosing your seafood, try to vary the textures and flavors. Some should be firm, others soft; some mild, others briny. Find them at a good seafood shop or your farmers' market.
- ☐ Alaskan snow crab legs: Very firm, lobsterlike texture; sweet and mild. Usually only available cooked.
- ☐ California mussels: Briny flavor; soft, melting texture with a bit of chew.
- ☐ California squid (calamari): Firm but tender; sweet yet meaty. It's neither fish nor shellfish, really, but it gives great texture and flavor to the soup.
- ☐ Dungeness crab: Flaky; sweet and moist.
- ☐ Pacific cod (true cod, gray cod): Delicate; mild flavor.
- ☐ Pacific halibut: Firm, with mild flavor.
- ☐ Petrale sole: Delicate texture; mild, sweet flavor.
- ☐ Rockfish (black bass, sea bass, black snapper): Medium-firm; clean sea flavor.
- ☐ Sablefish (black cod): Silky, medium-firm; rich, buttery flavor.
- ☐ Spiny lobsters: Succulent and firm. Can use, cooked, instead of crab. Available from fall to spring.
- ☐ Spot prawns: Incredibly sweet taste and tender-crisp; keep head and tail on for the most flavor. Can be hard to find.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:20.403043475488%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 224.92kcal (11.25%), Fat: 9.18g (14.13%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.55g (2.75%), Sugar: 2.04g (2.26%), Cholesterol: 186.51mg (62.17%), Sodium: 829.5mg (36.07%), Alcohol: 3.09g (100%), Alcohol %: 1.21% (100%), Protein: 21.34g (42.67%), Vitamin B12: 4.38µg (72.98%), Copper: 1.32mg (65.81%), Manganese: 1.18mg (59.04%), Selenium: 40.14µg (57.34%), Phosphorus: 303.15mg (30.32%), Vitamin B2: 0.35mg (20.64%), Vitamin B3: 3.66mg (18.3%), Potassium: 539.88mg (15.43%), Vitamin E: 2.23mg (14.87%), Vitamin C: 11.5mg (13.94%), Iron: 2.48mg (13.79%), Zinc: 1.99mg (13.28%), Magnesium: 51.2mg (12.8%), Vitamin K: 11.71µg (11.15%), Calcium: 99.61mg (9.96%), Vitamin A: 468.38IU (9.37%), Folate: 34.02µg (8.51%), Vitamin B6: 0.15mg (7.61%), Vitamin B1: 0.08mg (5.59%), Vitamin B5: 0.51mg (5.1%), Fiber: 0.81g (3.23%)