



## Bouillabaisse

READY IN



105 min.

SERVINGS



6

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 baguette toasted sliced
- ☐ 16 ounce bottled clam juice
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 bulb fennel cored thinly sliced quartered
- ☐ 1.5 pounds fish fillet white black firm cut into 3-inch pieces such as cod, monkfish or sea bass
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 1 clove garlic roughly chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 6 servings kosher salt

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1 pound mussels
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 orange zest
- ☐ 6 servings pepper freshly ground
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 0.3 cup roasted peppers red dry jarred drained chopped
- ☐ 1 pinch of saffron threads
- ☐ 1 large shallots thinly sliced
- ☐ 1 pound shell-on shrimp
- ☐ 2 tablespoons tomato paste

## Equipment

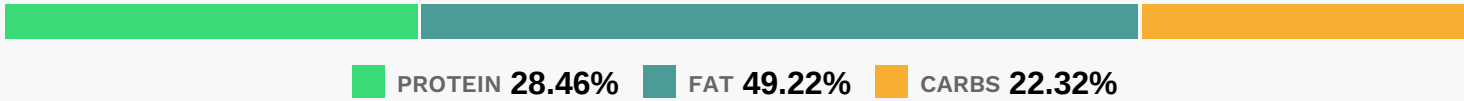
- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ box grater

## Directions

- ☐ Make the rouille: Puree the mayonnaise, roasted red peppers, olive oil, lemon juice, garlic and a pinch of salt in a blender until smooth.
- ☐ Transfer to a small bowl; refrigerate until ready to serve.
- ☐ Prepare the bouillabaisse: Grate the tomato flesh on the large holes of a box grater down to the skins; reserve the skins separately. Peel and devein the shrimp, reserving the shells and tails for the broth; clean and debeard the mussels. Refrigerate the seafood until ready to use.
- ☐ Heat 3 tablespoons olive oil in a large pot over medium-high heat.

- ☐ Add the shrimp shells and tails and cook, stirring, until bright red, about 3 minutes. Stir in the tomato paste until incorporated, about 30 seconds.
- ☐ Add the clam juice, 4 cups water, the reserved tomato skins, the orange zest and 1/4 cup of the sliced fennel. Bring to a boil, then reduce the heat to medium; simmer until the liquid is reduced to about 4 cups, 12 to 15 minutes. Strain the broth through a fine-mesh sieve set over a bowl, pressing on the solids to extract the liquid; reserve the broth.
- ☐ Wipe out the pot and heat the remaining 3 tablespoons olive oil over medium heat.
- ☐ Add the remaining fennel, the shallot, garlic and a pinch of salt; partially cover and cook, stirring occasionally, until the fennel begins to soften, about 5 minutes.
- ☐ Add the reserved grated tomato flesh and cook, stirring, until slightly thickened, about 2 minutes. Stir in the saffron, then add the wine and simmer until the liquid is reduced by about two-thirds, about 4 minutes.
- ☐ Add the reserved broth and return to a simmer.
- ☐ Add the mussels to the pot; cover and cook 4 minutes.
- ☐ Add any thick pieces of fish and cook, covered, 2 minutes.
- ☐ Add the remaining fish and the shrimp and cook, covered, until the mussels open and the fish and shrimp are just cooked through, 3 to 4 more minutes. (Discard any mussels that do not open.) Season with salt and pepper.
- ☐ Spread the baguette with the rouille and serve with the bouillabaisse.
- ☐ Sprinkle with parsley.
- ☐ Photograph by Con Poulos

## Nutrition Facts



## Properties

Glycemic Index:89.79, Glycemic Load:16.45, Inflammation Score:-8, Nutrition Score:37.109130776447%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg

0.39mg, Naringenin: 0.39mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 692.26kcal (34.61%), Fat: 37.33g (57.44%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 34.46g (12.53%), Sugar: 8.44g (9.38%), Cholesterol: 197.05mg (65.68%), Sodium: 1250.02mg (54.35%), Alcohol: 2.06g (100%), Alcohol %: 0.52% (100%), Protein: 48.57g (97.14%), Vitamin B12: 6.46µg (107.72%), Selenium: 73.46µg (104.94%), Manganese: 1.82mg (91.12%), Vitamin K: 95.07µg (90.55%), Phosphorus: 527.31mg (52.73%), Vitamin B3: 7.88mg (39.4%), Vitamin C: 27.36mg (33.16%), Potassium: 1160.15mg (33.15%), Vitamin E: 4.87mg (32.48%), Folate: 118.09µg (29.52%), Copper: 0.58mg (29.23%), Iron: 5.09mg (28.28%), Vitamin B1: 0.4mg (26.87%), Magnesium: 103.75mg (25.94%), Vitamin D: 3.55µg (23.68%), Vitamin B6: 0.42mg (20.82%), Vitamin B2: 0.34mg (19.89%), Zinc: 2.69mg (17.96%), Vitamin A: 816.46IU (16.33%), Calcium: 160.62mg (16.06%), Fiber: 3.63g (14.5%), Vitamin B5: 1.18mg (11.84%)