



Bouillabaisse with Seared Halibut

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

READY IN



105 min.

SERVINGS



4

CALORIES



1021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 1 pinch cayenne or as needed
- 1.8 cups cooking wine dry white
- 1 small fennel bulb sliced
- 0.3 pound fingerling potatoes cooked
- 1.8 cups fire-roasted tomatoes with liquid chopped
- 1.8 cups fish stock
- 4 tablespoons parsley fresh chopped

- 1 tablespoon garlic minced
- 3 cloves garlic
- 0.7 pound gold creamer potatoes
- 24 ounce pacific halibut filets boneless skinless
- 4 servings kosher salt
- 4 servings kosher salt and freshly cracked pepper black
- 1 optional: lemon cut into wedges
- 1 teaspoon juice of lemon
- 0.7 pound littleneck clams
- 1 cup mayonnaise
- 0.7 pound mussels
- 0.3 cup olive oil extra-virgin
- 2 tablespoons licorice liqueur such as pernod
- 0.3 cup fire-roasted peppers red jarred
- 1 teaspoon saffron threads
- 3 scallions chopped
- 0.5 teaspoon paprika sweet
- 1 teaspoon thyme leaves dried
- 1 small onion diced yellow
- 0.3 pound u with tail deveined peeled

Equipment

- food processor
- bowl
- frying pan
- paper towels
- ladle
- dutch oven

Directions

- Set a large Dutch oven over medium-high heat, and heat 2 tablespoons of the olive oil until shimmering.
- Add the fennel and onions, and cook, until the vegetables are softened, about 3 minutes. Stir in the garlic and saffron, and cook until fragrant, about 1 minute. Deglaze with the white wine and licorice liqueur, scraping up any browned bits. Reduce the liquid until it's almost completely evaporated. Then add the tomatoes, fish stock, thyme and bay leaf.
- Add the potatoes, bring to a boil and cook until just tender, about 10 minutes.
- Add the clams and mussels and simmer for another 3 minutes to give them a head start.
- Add the shrimp, simmering until the shellfish open, a final 2 minutes. Discard any unopened shellfish.
- Bring a large nonstick saute pan to medium-high heat and add the remaining oil. Pat the halibut fillets dry with a paper towel and sprinkle both sides generously with salt and pepper. Once the oil begins to smoke lightly, sear the halibut. Cook until the bottom is golden and crispy, 4 to 5 minutes on the first side. Flip and finish cooking for 1 to 2 minutes on the second side.
- Remove the fish from pan, keep warm and set aside.
- To serve, place each halibut fillet in the bottom of a shallow serving bowl. Arrange a few potatoes, shrimp, clams and mussels around the fish in each bowl. Ladle broth into the bowls.
- Garnish with parsley, scallions, a few fennel fronds and lemon wedges.
- Serve immediately with Garlicky Rouille.
- Peel the potatoes and rough chop.
- Place the potato, red pepper and garlic into the bowl of a food processor and pulse until just coarsely chopped.
- Add the mayonnaise, lemon juice and sweet paprika. Process until smooth and creamy. Season with cayenne and salt to taste. Cover and place in the refrigerator for 10 to 15 minutes to chill and allow the flavors to come together.

Nutrition Facts



■ PROTEIN **22.89%** ■ FAT **57.89%** ■ CARBS **19.22%**

Properties

Glycemic Index:185.75, Glycemic Load:18.42, Inflammation Score:-10, Nutrition Score:48.409999764484%

Flavonoids

Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg, Eriodictyol: 6.46mg Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg, Hesperetin: 8.13mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 1020.74kcal (51.04%), Fat: 59.92g (92.19%), Saturated Fat: 9.4g (58.77%), Carbohydrates: 44.74g (14.91%), Net Carbohydrates: 37.77g (13.73%), Sugar: 11.88g (13.19%), Cholesterol: 181.92mg (60.64%), Sodium: 1703.54mg (74.07%), Alcohol: 13.8g (100%), Alcohol %: 1.93% (100%), Protein: 53.32g (106.63%), Vitamin K: 223.59µg (212.94%), Selenium: 102.1µg (145.86%), Vitamin B12: 7.95µg (132.55%), Manganese: 1.92mg (96.18%), Vitamin C: 63.84mg (77.38%), Phosphorus: 762.18mg (76.22%), Vitamin B3: 15.14mg (75.69%), Vitamin B6: 1.51mg (75.56%), Potassium: 2016.4mg (57.61%), Vitamin D: 8.11µg (54.04%), Vitamin E: 5.83mg (38.85%), Magnesium: 126.97mg (31.74%), Iron: 5.68mg (31.58%), Vitamin A: 1423.91IU (28.48%), Fiber: 6.97g (27.89%), Copper: 0.52mg (25.96%), Folate: 99.59µg (24.9%), Calcium: 210.54mg (21.05%), Vitamin B1: 0.3mg (19.68%), Zinc: 2.77mg (18.46%), Vitamin B2: 0.28mg (16.74%), Vitamin B5: 1.54mg (15.42%)