



Braised Rock Fish, Butternut Puree, Ricotta Gnocchi

READY IN



250 min.

SERVINGS



4

CALORIES



1094 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 tablespoons butter
- ☐ 1.8 cups butternut diced peeled
- ☐ 3.5 tablespoons carrots julienned
- ☐ 0.8 cup chanterelles
- ☐ 4 teaspoons chives chopped
- ☐ 3.5 tablespoons daikon julienned
- ☐ 1 eggs
- ☐ 6.5 ounces fish stock

- ☐ 2.8 cups flour all-purpose
- ☐ 3.5 tablespoons cinnamon honey
- ☐ 4 servings juice of lemon
- ☐ 0.3 cup oil
- ☐ 16 ounces ricotta strained overnight
- ☐ 24 ounce skinned rockfish boneless
- ☐ 1 tablespoon salt
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper
- ☐ 3.5 tablespoons snow peas julienned
- ☐ 4 servings balsamic vinaigrette salad dressing

Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ aluminum foil

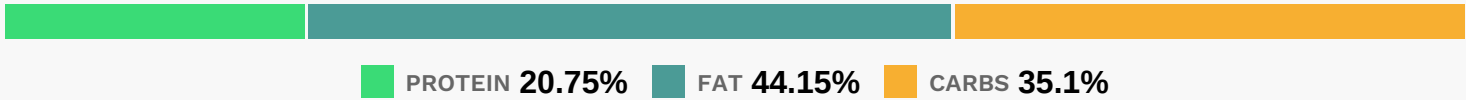
Directions

- ☐ Mix ricotta and egg together. Sift flour and salt, and then fold into the ricotta mixture.
- ☐ Add chives. Rest the dough for couple of hours and shape them as required. Cook them in salted water until they float.
- ☐ Preheat oven to 350 degrees F.
- ☐ Roast the diced butternut squash slightly in a pan, cover with aluminum foil and leave it in the oven for 7 to 8 minutes. When soft, strain excess water, add cinnamon honey and blend into a puree, pass it through the fine strainer and season with salt
- ☐ Mix together with vinaigrette and top up the plated fish.
- ☐ Season rock fish with salt and pepper. Put oil in a preheated pan; sear the side of the fish that will be presented first. When golden brown in color turn to the other side and add stock, butter and braise until the fish is cooked, sprinkle with lemon juice and baste the fish with the

emulsion. In another pan sear cooked gnocchi on both sides.

- ☐ Add cleaned chanterelles, season and coat with the foaming butter.
- ☐ Serve with butternut squash and salad.

Nutrition Facts



Properties

Glycemic Index:82.03, Glycemic Load:56.81, Inflammation Score:-10, Nutrition Score:42.6873911982%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 1094.28kcal (54.71%), Fat: 53.76g (82.71%), Saturated Fat: 24.28g (151.77%), Carbohydrates: 96.18g (32.06%), Net Carbohydrates: 91.23g (33.17%), Sugar: 19.08g (21.19%), Cholesterol: 236.48mg (78.83%), Sodium: 2690.8mg (116.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.86g (113.72%), Selenium: 157.6µg (225.14%), Vitamin A: 10092.24IU (201.84%), Phosphorus: 705.13mg (70.51%), Vitamin B2: 1.1mg (64.77%), Vitamin B3: 11.34mg (56.68%), Folate: 226.69µg (56.67%), Vitamin B1: 0.83mg (55.46%), Vitamin D: 7.45µg (49.65%), Vitamin B12: 2.94µg (48.93%), Manganese: 0.85mg (42.42%), Potassium: 1321.26mg (37.75%), Vitamin C: 30.77mg (37.29%), Iron: 6.49mg (36.04%), Calcium: 345.9mg (34.59%), Vitamin E: 5.08mg (33.88%), Vitamin B6: 0.62mg (31.21%), Magnesium: 110.24mg (27.56%), Vitamin K: 22.13µg (21.07%), Zinc: 3.05mg (20.32%), Fiber: 4.95g (19.8%), Vitamin B5: 1.92mg (19.2%), Copper: 0.36mg (18.01%)