



Brioche Crusted fish with Jerusalem Artichoke Puree and Jerusalem Artichoke Pickles

READY IN



45 min.

SERVINGS



6

CALORIES



2490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.5 cups day-old brioche fresh crustless fine
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons chives fresh minced
- ☐ 1.5 tablespoons tarragon fresh minced
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cup heavy whipping cream
- ☐ 2.5 pounds sunchokes (also called sunchoke)
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 teaspoon lemon zest finely minced
- ☐ 3 tablespoons parsley fresh italian minced
- ☐ 36 ounce tilapia
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

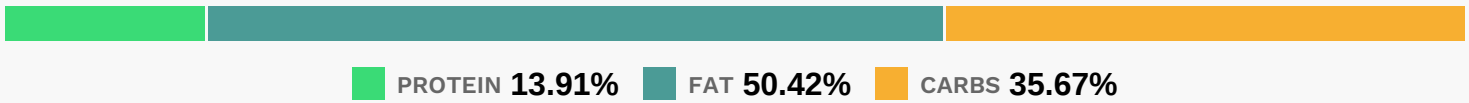
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Workingwith 1 artichoke at a time, peel and cut into1/2-inch cubes. Immediately place in bowl of water to prevent browning.
- ☐ Place creamin large saucepan.
- ☐ Drain artichokes; add topan. Bring to boil, reduce heat to mediumlow,and simmer covered until artichokesare tender and almost all liquid is absorbed,adding water by tablespoonfuls if dry andartichokes are not yet tender, about 25minutes. Puree in processor. Season withcoarse salt and pepper. DO AHEAD: Can bemade 1 day ahead. Cover; chill.
- ☐ Serve warm.
- ☐ Combine first 7 ingredientsin processor and blend well.
- ☐ Addbreadcrumbs; process until ball forms.
- ☐ Addlemon juice; process to blend.
- ☐ Transferto parchment paper.
- ☐ Spread out to 6- to7-inch square. Top with second sheet ofparchment.
- ☐ Roll out to 10-inch square.Freeze crust in paper until set, at least 15minutes and up to 8 hours.
- ☐ Remove paper.
- ☐ Preheat oven to 400°F.
- ☐ Cut crust into6 pieces about the same size as fish fillets.Arrange fish in single layer on rimmedbaking sheet.
- ☐ Sprinkle with salt and pepper.

- ☐ Place 1 piece of crust atop each fillet. Roast until fish is cooked through and crust is browned around edges, about 7 minutes.
- ☐ Divide fish among plates.
- ☐ Serve with
 - ☐ Jerusalem Artichoke Pickles and warm
 - ☐ Jerusalem Artichoke Puree.
 - ☐ * Tubers of a variety of sunflower; available in the produce section of some supermarkets and at farmers' markets.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:10.14, Inflammation Score:-10, Nutrition Score:35.043478177941%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 2489.91kcal (124.5%), Fat: 141.87g (218.25%), Saturated Fat: 82.41g (515.05%), Carbohydrates: 225.76g (75.25%), Net Carbohydrates: 222.46g (80.89%), Sugar: 20.58g (22.87%), Cholesterol: 923.36mg (307.79%), Sodium: 2207.71mg (95.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.06g (176.12%), Vitamin A: 5511.24IU (110.22%), Selenium: 75.09µg (107.27%), Iron: 12.32mg (68.45%), Phosphorus: 494.73mg (49.47%), Vitamin B12: 2.85µg (47.44%), Vitamin B3: 9.35mg (46.74%), Vitamin D: 6.83µg (45.51%), Potassium: 1475.54mg (42.16%), Vitamin K: 41.5µg (39.52%), Calcium: 361.48mg (36.15%), Vitamin B1: 0.47mg (31.49%), Vitamin B6: 0.5mg (24.84%), Vitamin B2: 0.4mg (23.73%), Magnesium: 91.83mg (22.96%), Copper: 0.42mg (21.11%), Folate: 78.58µg (19.64%), Vitamin B5: 1.82mg (18.19%), Manganese: 0.34mg (16.78%), Vitamin C: 13.55mg (16.42%), Vitamin E: 2.23mg (14.87%), Fiber: 3.31g (13.23%), Zinc: 1.09mg (7.3%)