



Catalan Fish Stew with Pimentón Mayonnaise



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



57 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bottled clam broth
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olives green pitted chopped
- ☐ 1.5 pound halibut fillet cut into 2-inch chunks
- ☐ 40 servings kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion thinly sliced

- ☐ 0.5 teaspoon pimenton de la vera smoked sweet spanish
- ☐ 1.5 pounds plum tomatoes halved
- ☐ 4 ounces serrano ham sliced cut into thin strips

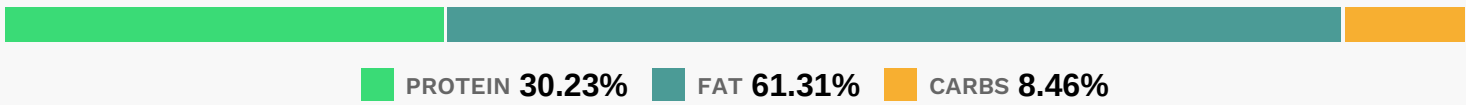
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ box grater

Directions

- ☐ Using a box grater set in a bowl, carefully grate the cut sides of the tomatoes, stopping when you reach the skin. You should have about 2 cups of tomato pulp.
- ☐ In a large, deep skillet, heat 1 tablespoon of the olive oil.
- ☐ Add the onion and half of the garlic and cook over moderate heat, stirring frequently, until they are softened and just beginning to brown, about 6 minutes.
- ☐ Add the tomato pulp and cook over high heat until it is thickened, about 5 minutes.
- ☐ Add the clam broth and boil until it is reduced by half, about 5 minutes.
- ☐ Add the serrano, olives and halibut and simmer over moderate heat, stirring occasionally, until the fish is cooked through and the stew is thick, about 5 minutes longer.
- ☐ Meanwhile, in a small bowl, using the back of a spoon, mash the remaining garlic to a paste with a pinch of salt.
- ☐ Whisk in the mayonnaise, pimentn and the remaining 2 tablespoons of olive oil.
- ☐ Serve the fish stew in shallow bowls with a dollop of the pimentn mayonnaise.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:2.9269565162451%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 56.65kcal (2.83%), Fat: 3.89g (5.98%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.68g (0.76%), Cholesterol: 11.03mg (3.68%), Sodium: 321.32mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Selenium: 7.88µg (11.25%), Vitamin K: 6.6µg (6.29%), Vitamin B3: 1.22mg (6.1%), Vitamin B6: 0.11mg (5.71%), Vitamin D: 0.81µg (5.37%), Phosphorus: 46.25mg (4.63%), Vitamin A: 179.34IU (3.59%), Potassium: 121.95mg (3.48%), Vitamin E: 0.49mg (3.28%), Vitamin C: 2.65mg (3.22%), Vitamin B12: 0.19µg (3.17%), Magnesium: 6.39mg (1.6%), Manganese: 0.03mg (1.49%), Folate: 5.49µg (1.37%), Fiber: 0.32g (1.27%), Vitamin B1: 0.02mg (1.16%)