



Chicken Bouillabaisse

 Dairy Free

READY IN



140 min.

SERVINGS



3

CALORIES



1220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound meat from a rotisserie chicken cut into 10 pieces
- ☐ 1.5 cups chicken stock see good homemade
- ☐ 3 servings top french for serving
- ☐ 1 cup cooking wine dry white
- ☐ 1 extra large egg yolk at room temperature
- ☐ 1 teaspoon fennel seeds whole
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 1 large head garlic separated peeled

- ☐ 4 large garlic cloves
- ☐ 1.5 teaspoons kosher salt
- ☐ 3 servings kosher salt and pepper black freshly ground
- ☐ 1.5 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup olive oil good
- ☐ 3 servings olive oil good
- ☐ 3 tablespoons pernod
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 0.5 teaspoon saffron threads
- ☐ 1 teaspoon saffron threads
- ☐ 15 ounce tomato purée canned
- ☐ 1 pound baby yukon gold potatoes halved

Equipment

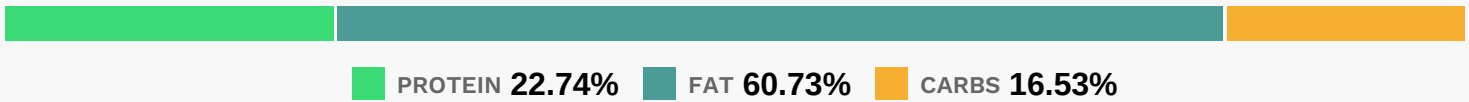
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ Pat the chicken dry with paper towels and season it generously with salt, pepper, and the rosemary.
- ☐ Heat 2 tablespoons of olive oil over medium heat in a large Dutch oven and brown the chicken pieces in batches until nicely browned all over, about 5 to 7 minutes per batch.
- ☐ Transfer the browned chicken pieces to a plate and set aside.

- ☐ Lower the heat to medium-low and add the garlic, saffron, fennel seeds, tomato puree, chicken stock, white wine, Pernod, 2 teaspoons salt, and 1 teaspoon of pepper to the pot. Stir and scrape up any browned bits on the bottom, and simmer for 30 to 40 minutes, until the garlic is very tender, stirring occasionally.
- ☐ Meanwhile, preheat the oven to 300 degrees F.
- ☐ Carefully pour the sauce into the bowl of a food processor fitted with the steel blade. Puree until smooth. Return the sauce to the Dutch oven and add the sliced potatoes and browned chicken pieces with their juices. Stir carefully.
- ☐ Cover the pot and bake for 45 to 55 minutes, until the potatoes are tender and the chicken is done. Check the seasonings and serve hot in shallow bowls with big dollops of Rouille and slices of crusty bread.
- ☐ Place the garlic and salt on a cutting board and mince together.
- ☐ Transfer the mixture to a food processor fitted with the steel blade.
- ☐ Add the egg yolk, lemon juice, saffron, and red pepper flakes. Process until smooth.
- ☐ With the machine running, pour the olive oil in a thin, steady stream through the feed tube to make a thick mayonnaise emulsion.
- ☐ Transfer the rouille to a serving bowl and store it in the refrigerator until ready to serve.

Nutrition Facts



Properties

Glycemic Index:139.75, Glycemic Load:23.36, Inflammation Score:-9, Nutrition Score:40.108695631442%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 1219.84kcal (60.99%), Fat: 75.96g (116.86%), Saturated Fat: 17.54g (109.62%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 39.82g (14.48%), Sugar: 10.41g (11.57%), Cholesterol: 286.12mg (95.37%), Sodium: 1752.61mg (76.2%), Alcohol: 13.93g (100%), Alcohol %: 1.94% (100%), Protein: 63.98g (127.97%), Vitamin B3: 25.21mg (126.05%), Vitamin B6: 1.87mg (93.71%), Selenium: 50.12µg (71.6%), Phosphorus: 641.67mg (64.17%), Vitamin C: 52.19mg (63.26%), Potassium: 1840.21mg (52.58%), Manganese: 1mg (50.08%), Vitamin E: 7.05mg (46.99%), Iron: 6.81mg (37.81%), Vitamin B5: 3.75mg (37.46%), Vitamin B2: 0.63mg (37.21%), Magnesium: 140.67mg (35.17%), Zinc: 5.14mg (34.29%), Copper: 0.67mg (33.34%), Vitamin B1: 0.48mg (31.99%), Vitamin K: 33.33µg (31.74%), Fiber: 6.71g (26.82%), Folate: 79.37µg (19.84%), Vitamin A: 876.29IU (17.53%), Vitamin B12: 1.02µg (16.95%), Calcium: 139.27mg (13.93%), Vitamin D: 0.9µg (6.03%)