



CLO-Filipino



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1 bay leaf
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 2 stalks celery diced
- ☐ 5 cups bottled clam juice
- ☐ 32 ounce cod
- ☐ 1 fennel bulb thinly sliced for garnish, stem discarded
- ☐ 3 tablespoons parsley fresh chopped for garnish

- ☐ 4 cloves garlic minced
- ☐ 1 pound manila clams scrubbed
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 onion diced
- ☐ 0.3 teaspoon paprika
- ☐ 8 slices pancetta thin
- ☐ 0.8 teaspoon pepper flakes red crushed
- ☐ 2 roma tomatoes diced for garnish
- ☐ 1 pinch saffron threads
- ☐ 1 tablespoon salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 star anise
- ☐ 28 ounce tomato purée canned
- ☐ 1.5 cups white wine

Equipment

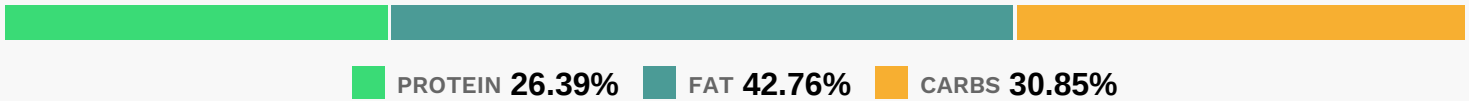
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ pot

Directions

- ☐ Heat a large pot over medium heat and add a generous swirl of olive oil.
- ☐ Add the onions and cook until translucent, about 5 minutes.
- ☐ Add the garlic, celery, fennel bulb, clam juice, tomato puree, wine, salt, pepper, anchovy paste, red pepper flakes, bay leaf, star anise and saffron. Bring the mixture to a boil, and then reduce the heat and simmer 30 minutes.

- ☐ For the cod: Preheat the oven to 400 degrees F.
- ☐ Sprinkle the cod with salt, pepper and paprika and wrap each piece in a slice of prosciutto.
- ☐ Heat a large oven-proof skillet over medium-high heat and add a swirl of olive oil. Sear the cod on both sides until the prosciutto is crisped.
- ☐ Transfer the skillet to the oven and bake the cod until cooked through, 10 to 12 minutes. (If the cod does not fit in the skillet in one batch, cook in two batches and transfer to a baking sheet to finish in the oven.)
- ☐ Add the clams to the tomato broth and cook until the clams open, about 5 minutes. Discard any clams that don't open. Discard the bay leaf and star anise.
- ☐ Place 1 cod piece in a shallow serving bowl and ladle some broth around the cod.
- ☐ Garnish with a few clams, diced tomato, fennel fronds and chopped parsley. Repeat with the remaining cod and broth.
- ☐ Serve warm.
- ☐ This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.59, Inflammation Score:-8, Nutrition Score:23.448260618293%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 3.53mg, Apigenin: 3.53mg, Apigenin: 3.53mg, Apigenin: 3.53mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 423.47kcal (21.17%), Fat: 18.89g (29.06%), Saturated Fat: 3.28g (20.49%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 26.29g (9.56%), Sugar: 12.02g (13.36%), Cholesterol: 57.23mg (19.08%), Sodium: 1716.27mg (74.62%), Alcohol: 4.64g (100%), Alcohol %: 1.15% (100%), Protein: 26.22g (52.45%), Selenium: 44.11µg (63.01%), Vitamin K: 62.93µg (59.94%), Vitamin B12: 2.08µg (34.73%), Phosphorus: 347.14mg (34.71%), Potassium: 1183.35mg (33.81%), Vitamin C: 27.12mg (32.87%), Vitamin B6: 0.64mg (32.09%), Vitamin E: 4.66mg (31.04%), Manganese: 0.56mg (27.85%), Vitamin B3: 4.84mg (24.21%), Magnesium: 83.51mg (20.88%), Vitamin A: 939.99IU (18.8%), Fiber: 4.37g (17.47%), Iron: 2.96mg (16.44%), Copper: 0.33mg (16.4%), Vitamin B1: 0.24mg (16.08%), Folate: 52.67µg (13.17%), Vitamin B2: 0.19mg (11.28%), Calcium: 107.17mg (10.72%), Zinc: 1.29mg (8.61%), Vitamin B5: 0.81mg (8.1%), Vitamin D: 1.07µg (7.1%)