



Cod and Shrimp in Fennel and White Wine Broth

 Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 4 servings big fat finishing oil
- 1 rib celery coarsely chopped
- 1 pound cod bones white
- 20 ounce filets
- 0.5 cup anise-flavored liqueur (recommended: Pernod)
- 0.8 cup anise-flavored liqueur (recommended: Pernod)

- 0.5 cup cooking wine dry white
- 1 top of fennel bulb coarsely chopped
- 1 small fennel bulb julienned
- 3 fingerling potatoes sliced into rounds
- 2 cloves garlic smashed
- 2 cloves garlic smashed finely chopped
- 8 shells from shrimp deveined peeled
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 1 onion julienned
- 1 small onion coarsely chopped
- 1 thyme bundle fresh
- 1 zucchini julienned

Equipment

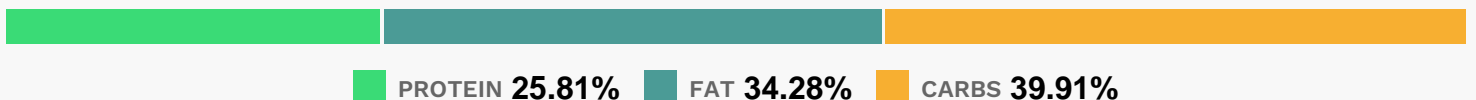
- bowl
- frying pan
- paper towels
- ladle
- pot

Directions

- For the fish stock: Coat a large, tall pot lightly with olive oil.
- Add the onions, celery, and fennel tops and bring the pot to a high heat. Season the veggies lightly with salt. Cook the veggies until they are soft and very aromatic, 7 to 8 minutes.
- Add the garlic and cook for 1 to 2 minutes more.
- Add the fish bones and shrimp shells, stir to combine, and cook for 3 to 4 minutes.
- Add the anise-flavored liqueur and let it reduce by half.

- Add water to the pot until it covers the fish bones by 2 inches and season lightly with salt. Toss in the bay leaves and thyme bundle. Bring the pot to a boil, reduce to a simmer, and simmer for 30 minutes. Strain the liquid and reserve.
- For the fish: Coat a straight-sided saute pan with olive oil.
- Add the onions and fennel, season with salt, and cook over medium heat until the veggies start to soften, 3 to 4 minutes.
- Add the garlic and cook for 1 to 2 minutes.
- Add the anise-flavored liqueur and white wine and reduce by half.
- Add the reserved fish stock and season with salt. Bring to a boil, reduce to a simmer, and simmer the broth for 12 to 15 minutes. Taste to make sure it is delicious.
- Meanwhile, coat a second saute pan with olive oil. Bring the pan to a high heat. Pat the cod dry with paper towels and season with salt.
- Add the cod to the screaming hot pan and cook the fish until it is golden and crisp on both sides and 3/4 of the way cook through.
- Remove the fish from the pan and reserve. Do the same with the shrimp and reserve.
- Add the potato rounds to the pan, season with salt, and brown on both sides.
- Remove the potatoes from the pan and reserve with the cod and shrimp.
- When the fish broth is ready, add the cod, shrimp, potatoes, and zucchini. Turn off the heat and cover, letting the fish gently cook through, 2 to 3 minutes.
- To serve, remove the cod and shrimp from the pan. Scoop the veggies out of the broth and divide them between 4 serving bowls.
- Lay a piece of cod on top of each of the veggies and arrange 2 shrimp next to the cod. Ladle the fish broth over each piece of cod.
- Drizzle with big fat finishing oil and top with fennel fronds.

Nutrition Facts



Properties

Glycemic Index:109.19, Glycemic Load:24.73, Inflammation Score:-9, Nutrition Score:38.520869545315%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 932.24kcal (46.61%), Fat: 30.56g (47.02%), Saturated Fat: 3.59g (22.42%), Carbohydrates: 80.06g (26.69%), Net Carbohydrates: 71.49g (26%), Sugar: 43.87g (48.74%), Cholesterol: 109.71mg (36.57%), Sodium: 416.26mg (18.1%), Alcohol: 19.09g (100%), Alcohol %: 3.17% (100%), Protein: 51.77g (103.55%), Selenium: 87.8µg (125.42%), Vitamin K: 97.71µg (93.06%), Vitamin C: 61.53mg (74.58%), Phosphorus: 713.32mg (71.33%), Potassium: 2444.68mg (69.85%), Vitamin B6: 1.34mg (67.11%), Vitamin E: 6.87mg (45.78%), Vitamin B3: 8.06mg (40.32%), Magnesium: 156.9mg (39.23%), Vitamin B12: 2.32µg (38.7%), Manganese: 0.76mg (38.18%), Fiber: 8.58g (34.3%), Vitamin B1: 0.39mg (25.71%), Folate: 96.36µg (24.09%), Iron: 3.65mg (20.27%), Copper: 0.38mg (19.12%), Vitamin B2: 0.32mg (19.01%), Vitamin D: 2.3µg (15.31%), Calcium: 145.85mg (14.59%), Zinc: 2.18mg (14.57%), Vitamin B5: 1.33mg (13.32%), Vitamin A: 377.3IU (7.55%)