



Cod with Mussels, Chorizo, Fried Croutons, and Saffron Mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil for deep-frying
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 8 ounce bottled clam juice
- ☐ 12 ounce cod fillet cut into 4 equal pieces
- ☐ 1 cup cooking wine dry white
- ☐ 3 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 4 garlic cloves chopped

- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 0.5 cup mayonnaise
- ☐ 2 pounds mussels scrubbed
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 0.3 cup roasted pepper from jar diced red finely
- ☐ 1 pinch saffron threads
- ☐ 0.3 cup shallots chopped (2 small)
- ☐ 5 ounces torn pieces sourdough bread crustless
- ☐ 0.5 cup chorizo smoked diced spanish
- ☐ 4 thyme sprigs fresh
- ☐ 0.3 cup tomatoes diced seeded finely
- ☐ 0.5 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Mix lime juice and saffron in small bowl.
- ☐ Let stand 30 minutes, stirring occasionally.

- ☐ Whisk in mayonnaise, oil, and hot pepper sauce. Cover and chill at least 4 hours to allow flavors to develop. DO AHEAD: Can be made 3 days ahead. Keep refrigerated.
- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add shallots, garlic, crushed red pepper, and saffron and sauté 4 minutes.
- ☐ Add wine; bring to boil.
- ☐ Add mussels and thyme; cover and cook until mussels open, about 5 minutes (discard any mussels that do not open). Strain mussel broth into large saucepan; add chorizo, tomato, roasted pepper, and parsley to liquid.
- ☐ Remove mussels from shells. DO AHEAD: Mussels and cooking broth can be made 6 hours ahead. Cover separately and refrigerate.
- ☐ Pour enough oil into heavy large saucepan to reach depth of 3 inches. Attach deep-fry thermometer to side of pan.
- ☐ Heat oil to 350°F.
- ☐ Whisk eggs, milk, and cayenne in large bowl.
- ☐ Add bread; stir to coat.
- ☐ Let soak 2 minutes.
- ☐ Drain off excess liquid. Working in batches, add bread to hot oil and cook until brown, turning as necessary, about 2 minutes. Using slotted spoon, transfer to paper towels and drain.
- ☐ Preheat oven to 350°F. Bring clam juice and wine to simmer in small saucepan.
- ☐ Pour into 7x5-inch baking dish.
- ☐ Add cod pieces to dish; sprinkle with salt and drizzle with oil.
- ☐ Bake until fish is opaque in center, basting with poaching liquid twice, about 8 minutes.
- ☐ Bring mussel broth to simmer.
- ☐ Add mussels and heat through. Divide mussels and broth among 4 shallow soup bowls. Top each with piece of cod, 3 croutons, and dollop of saffron mayonnaise.
- ☐ * A pork-link sausage flavored with garlic and spices but milder than Mexican chorizo; available at specialty foods stores and
- ☐ Spanish markets and from tienda.com.
- ☐ Bon Appétit

Nutrition Facts



 **PROTEIN 21.01%**  **FAT 60.48%**  **CARBS 18.51%**

Properties

Glycemic Index:134.63, Glycemic Load:18.22, Inflammation Score:-9, Nutrition Score:38.849565132805%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 852.42kcal (42.62%), Fat: 54.09g (83.22%), Saturated Fat: 9.1g (56.87%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 35.11g (12.77%), Sugar: 7.39g (8.21%), Cholesterol: 232.71mg (77.57%), Sodium: 1179.32mg (51.27%), Alcohol: 6.18g (100%), Alcohol %: 1.49% (100%), Protein: 42.28g (84.55%), Vitamin B12: 15.2µg (253.38%), Manganese: 4.38mg (219.24%), Selenium: 103.87µg (148.39%), Vitamin K: 78.68µg (74.93%), Phosphorus: 586.97mg (58.7%), Iron: 8.21mg (45.62%), Vitamin E: 6.4mg (42.67%), Vitamin B2: 0.71mg (41.58%), Vitamin B1: 0.58mg (38.34%), Folate: 132.65µg (33.16%), Potassium: 1082.01mg (30.91%), Vitamin C: 24.19mg (29.32%), Vitamin B6: 0.58mg (29.18%), Vitamin B3: 5.83mg (29.13%), Magnesium: 104.23mg (26.06%), Zinc: 3.55mg (23.67%), Vitamin A: 1081.48IU (21.63%), Vitamin B5: 1.73mg (17.25%), Calcium: 155.85mg (15.59%), Copper: 0.29mg (14.49%), Vitamin D: 1.91µg (12.71%), Fiber: 2.15g (8.6%)