



Cooking School: Bouillabaisse with a Red Pepper Rouille

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



947 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 pinch cayenne pepper
- ☐ 60 ml olive oil extra virgin
- ☐ 2 fennel bulb
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 1.8 liters fish stock

- ☐ 6 cloves garlic finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 2 leeks white finely chopped
- ☐ 250 g mayonnaise
- ☐ 500 g mussels black scrubbed
- ☐ 1 large onion finely chopped
- ☐ 800 g pangasius cut into cubes
- ☐ 2 parsnips finely chopped
- ☐ 60 ml pernod
- ☐ 500 g prawns cleaned peeled
- ☐ 2 teaspoons red wine vinegar
- ☐ 250 g roasted bell pepper from a jar diced red
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 0.3 teaspoon saffron threads
- ☐ 6 servings salt and freshly pepper crushed
- ☐ 800 g victoria sea bass cut into cubes
- ☐ 4 sprigs thyme leaves
- ☐ 2 tablespoons tomato paste
- ☐ 1 kg tomatoes ripe

Equipment

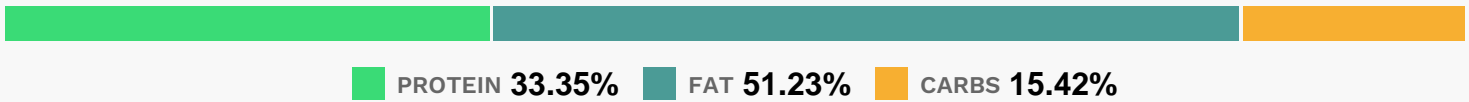
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Trim the tops of the fennel, reserving trimmings for stock and fronds for serving, and chop fennel finely.

- ☐ Heat oil into a large saucepan over medium heat.
- ☐ Add fennel, onion, parsnip, garlic, leeks and fennel seeds, and cook, stirring occasionally, for 10 minutes or until vegetables soften.
- ☐ Combine saffron and 125ml warm fish stock in a small bowl and allow to steep for 10 minutes. Quarter the tomatoes, removing and discarding seeds, then chop finely.
- ☐ Add tomato paste to vegetables in the pan and cook for 1 minute.
- ☐ Add the saffron mixture, tomatoes, bay leaves, thyme and the remaining stock to the pan and simmer for 30 minutes. Season generously with salt. Stir in cayenne and Pernod.
- ☐ Add the fish to the pan, then prawns, making sure the seafood is submerged in the liquid. Boil for 5 minutes or until seafood is just cooked. In the meantime place the mussels with 2 tablespoons water in a frying pan over high heat. Cover with a lid and cook, shaking the pan occasionally, for 3 minutes or until the shells open. Divide the bouillabaisse into bowls. Top with mussels and scatter with reserved fennel fronds.
- ☐ Serve with rustic French baguette and rouille (recipe below). To make the rouille, finely chop garlic cloves with cayenne pepper and saffron in a food processor.
- ☐ Pour the vinegar into processor and blend until almost smooth. Blend in mayonnaise scrap into a bowl then stir in the diced red pepper. Season the rouille to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:10.06, Inflammation Score:-10, Nutrition Score:49.569565008516%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 946.79kcal (47.34%), Fat: 52.3g (80.46%), Saturated Fat: 8.85g (55.32%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 26.44g (9.61%), Sugar: 13.35g (14.84%), Cholesterol: 317.42mg (105.81%), Sodium: 2579.68mg

(112.16%), Alcohol: 3.84g (100%), Alcohol %: 0.42% (100%), Protein: 76.61g (153.23%), Vitamin B12: 10.54µg (175.74%), Vitamin K: 162.63µg (154.89%), Manganese: 2.49mg (124.56%), Selenium: 73.65µg (105.22%), Vitamin C: 72.82mg (88.27%), Phosphorus: 780.46mg (78.05%), Potassium: 2109.87mg (60.28%), Vitamin A: 2589.2IU (51.78%), Vitamin B3: 10.06mg (50.32%), Copper: 0.92mg (46.07%), Vitamin B6: 0.91mg (45.63%), Magnesium: 168.21mg (42.05%), Vitamin E: 6.03mg (40.19%), Iron: 7.2mg (39.99%), Folate: 156.28µg (39.07%), Fiber: 8.97g (35.89%), Calcium: 308.37mg (30.84%), Vitamin B1: 0.38mg (25%), Zinc: 3.7mg (24.69%), Vitamin B2: 0.36mg (20.96%), Vitamin B5: 2.05mg (20.46%)