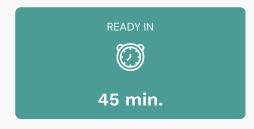
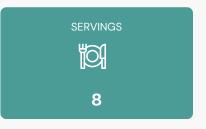


Fish in Pine Nut Sauce

airy Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.3 cup bread crumbs fresh
1 cup fish stock dry white
O.3 cup flat-leaf parsley fresh chopped
1 tablespoon garlic finely minced
4 tablespoons olive oil
1 large onion finely chopped
1 cup peas english cooked

0.5 cup pinenuts

	8 servings salt and pepper black freshly ground	
	1 teaspoon paprika sweet	
	1.5 cups tomatoes peeled seeded chopped	
	1.5 pounds fish fillet white firm cut into 8 pieces	
Equipment		
	food processor	
	frying pan	
	baking sheet	
	oven	
	baking pan	
Diı	rections	
	Preheat the oven to 350°F.	
	Spread the pine nuts on a baking sheet and toast in the oven, stirring occasionally, until fragrant and golden, about 8 minutes.	
	Pour onto a plate to cool.	
	Transfer 1/4 cup of the toasted nuts to a nut grinder or small food processor and grind or pulse until finely ground.	
	In a frying pan, heat 2 tablespoons of the oil over medium heat.	
	Add the onion and cook, stirring occasionally, until softened and translucent, about 8 minutes.	
	Add the paprika, garlic, ground pine nuts, bread crumbs, and saffron, if using, and cook, stirring often, for 3 minutes.	
	Add the tomatoes and stock and cook, stirring occasionally, until thickened, 5 to 8 minutes. Season to taste with salt and pepper. Keep warm over low heat.	
	In a large frying pan, heat the remaining 2 tablespoons oil over medium heat.	
	Sprinkle the fish with salt and pepper, add to the pan, and cook, turning once, until browned on both sides, about 3 minutes on each side.	
	Pour the sauce over the fish, add the peas, if using, and simmer until the fish is opaque throughout, about 5 minutes longer.	

Transfer to a serving dish or individual dishes, and garnish with the remaining pine nuts and the parsley.
Serve at once.
Variation
You can skip the step of browning the fish, and instead poach it in the sauce. Or, you can combine the fish and the sauce in a baking dish, making sure the fish is fully covered by the sauce, and bake in a preheated in a 450°F oven until fish is tender, 10 to 12 minutes, depending on the thickness of the pieces. If baking, do not reduce the sauce too much, as some of the liquid will evaporate in the oven.
Wine
Spanish: Chardonnay/blend (Penedès, Tarragona), dry amontillado sherry (Jerez)Non-Spanish: Rousanne/blend (France, California), Chardonnay (Argentina, New Zealand)
From Tapas: Sensational Small Plates from Spain by Joyce Goldstein. Text copyright © 2009 by Joyce Goldstein; food photography © 2009 by Leigh Beisch. Published by Chronicle Books LLC.
Nutrition Facts

Properties

Glycemic Index:29.17, Glycemic Load:1.62, Inflammation Score:-7, Nutrition Score:17.714347787525%

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: 0.18mg, Naringenin: 0.34mg, Apigenin: 0.12mg, Naringenin: 0.3mg, Raingenin: 0.3mg, Raingenin: 0.3mg, Apigenin: 0.17mg, Apigenin: 4.05mg, Luteolin: 0.03mg, Raingenin: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Myricetin: 0.34mg, Myricetin:

PROTEIN 31.94% FAT 51.68% CARBS 16.38%

Nutrients (% of daily need)

Calories: 268.57kcal (13.43%), Fat: 14.6g (22.46%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 8.06g (2.93%), Sugar: 3.41g (3.79%), Cholesterol: 42.52mg (14.17%), Sodium: 75.2mg (3.27%), Alcohol: 3.09g (100%), Alcohol %: 1.94% (100%), Protein: 20.3g (40.61%), Selenium: 37.07µg (52.96%), Manganese:

1.01mg (50.35%), Vitamin K: 48.2μg (45.91%), Phosphorus: 239.34mg (23.93%), Vitamin B3: 4.57mg (22.85%), Vitamin B12: 1.36μg (22.59%), Vitamin C: 15.34mg (18.59%), Vitamin D: 2.64μg (17.58%), Vitamin E: 2.4mg (16.03%), Magnesium: 61.33mg (15.33%), Potassium: 494.44mg (14.13%), Vitamin A: 655.92IU (13.12%), Vitamin B6: 0.26mg (13%), Copper: 0.25mg (12.48%), Folate: 49.75μg (12.44%), Vitamin B1: 0.17mg (11.43%), Iron: 1.8mg (10.02%), Fiber: 2.35g (9.39%), Zinc: 1.26mg (8.38%), Vitamin B2: 0.13mg (7.72%), Vitamin B5: 0.56mg (5.61%), Calcium: 35.85mg (3.59%)