



Fish Soup with Bread and Rouille

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves (not California)
- ☐ 2 carrots coarsely chopped
- ☐ 2 rib celery stalks coarsely chopped
- ☐ 2 cups wine dry white
- ☐ 1 lb fish fillet white cut into 1-inch cubes
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 garlic clove smashed
- ☐ 1 large leek white green coarsely chopped cut into 1/4-inch pieces
- ☐ 5 tablespoons olive oil

- ☐ 1 medium onion coarsely chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1.3 lb plum tomatoes coarsely chopped
- ☐ 1 teaspoon pepper dried red hot
- ☐ 0.3 teaspoon saffron threads crumbled
- ☐ 1 teaspoon salt
- ☐ 8 inch sourdough bread (1 lb)
- ☐ 3 tablespoons canned tomatoes canned
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ grill
- ☐ slotted spoon
- ☐ grill pan

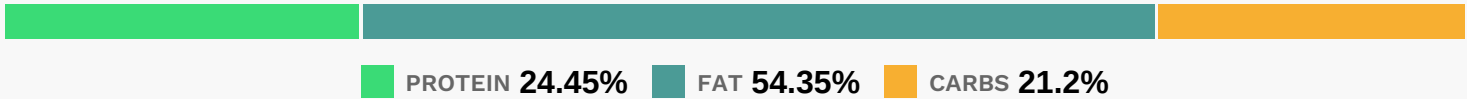
Directions

- ☐ Wash green and white parts of leek separately in a bowl of cold water, then lift out with a slotted spoon and pat dry.
- ☐ Heat 3 tablespoons oil in a 6-quart heavy pot over moderate heat until hot but not smoking, then cook leek greens, onion, celery, and carrots, stirring, until beginning to soften, about 5

minutes.

- ☐ Add garlic and cook, stirring, 3 minutes.
- ☐ Add saffron, bay leaves, and red pepper flakes and cook, stirring, 2 minutes.
- ☐ Add fresh tomatoes and tomato purée and cook, stirring, 4 minutes.
- ☐ Add wine and simmer, uncovered, until liquid is reduced by about half, about 30 minutes.
- ☐ Stir in stock and bring to a boil. Reduce heat and simmer, uncovered, 30 minutes. Carefully pour through a fine sieve into a bowl, then discard solids.
- ☐ Preheat oven to 300°F.
- ☐ Heat a well-seasoned ridged grill pan over moderately high heat until hot.
- ☐ Brush bread with remaining 2 tablespoons oil, then grill on all sides until grill marks appear. Tear bread into rough 3-inch pieces and bake on a baking sheet in middle of oven until crisp outside but soft inside, about 10 minutes. Cool croûtes.
- ☐ Heat butter in a 4-quart heavy saucepan over moderate heat until foam subsides, then cook white part of leek, stirring, until beginning to soften, about 2 minutes.
- ☐ Add fish, hot broth, and salt and bring to a simmer (fish will be cooked through).
- ☐ Remove from heat and stir in 1/2 cup rouille.
- ☐ Put croûtes in soup plates and ladle soup over.
- ☐ Sprinkle with oregano and parsley and serve remaining rouille on the side.
- ☐ • Broth can be made 2 days ahead and cooled, uncovered, then chilled, covered. Reheat broth before adding to white part of leek along with fish and rouille.

Nutrition Facts



Properties

Glycemic Index:74.39, Glycemic Load:4.56, Inflammation Score:-10, Nutrition Score:20.091739053312%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 1.46mg, Apigenin:

1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg
Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.68mg,
Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin:
0.3mg, Myricetin: 0.3mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 333.86kcal (16.69%), Fat: 17.24g (26.52%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 15.14g (5.05%),
Net Carbohydrates: 12.1g (4.4%), Sugar: 6.14g (6.82%), Cholesterol: 47.83mg (15.94%), Sodium: 490.82mg (21.34%),
Alcohol: 8.24g (100%), Alcohol %: 3.11% (100%), Protein: 17.45g (34.9%), Vitamin A: 4737.1IU (94.74%), Selenium:
33.32µg (47.6%), Vitamin K: 42.93µg (40.88%), Vitamin C: 19.37mg (23.48%), Manganese: 0.46mg (23.17%), Vitamin
E: 3.26mg (21.74%), Vitamin B3: 4.23mg (21.16%), Vitamin B12: 1.2µg (20.04%), Phosphorus: 195.31mg (19.53%),
Potassium: 682.37mg (19.5%), Vitamin B6: 0.37mg (18.66%), Vitamin D: 2.41µg (16.09%), Folate: 58.54µg (14.63%),
Magnesium: 53.44mg (13.36%), Fiber: 3.03g (12.14%), Iron: 2.05mg (11.39%), Copper: 0.18mg (9.19%), Vitamin B1:
0.14mg (9.1%), Vitamin B2: 0.13mg (7.58%), Calcium: 68.1mg (6.81%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.73mg
(4.85%)