



Fulton Fish Market Cioppino with Sourdough Croutons

READY IN



80 min.

SERVINGS



8

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups cooking wine dry white
- ☐ 0.5 cup parsley leaves fresh coarsely chopped
- ☐ 3 sprigs thyme leaves fresh
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 6 cloves garlic finely chopped
- ☐ 1 tablespoon honey

- ☐ 3 dashes hot sauce recommended: Bobby Flay Hot Sauce
- ☐ 32 littleneck clams
- ☐ 1 pd of lobster steamed
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons olive oil
- ☐ 2 cups plum tomatoes pureed canned
- ☐ 16 large head-on prawns
- ☐ 1.5 pounds snapper red cut into 2-inch squares
- ☐ 8 servings salt and pepper freshly ground
- ☐ 3 shallots thinly sliced
- ☐ 1 loaf sourdough cut into 1-inch cubes
- ☐ 1.5 pounds bass fillets wild cut into 2-inch squares
- ☐ 3 tablespoons butter unsalted
- ☐ 3 tablespoons butter unsalted cold
- ☐ 2 cups vegetable stock

Equipment

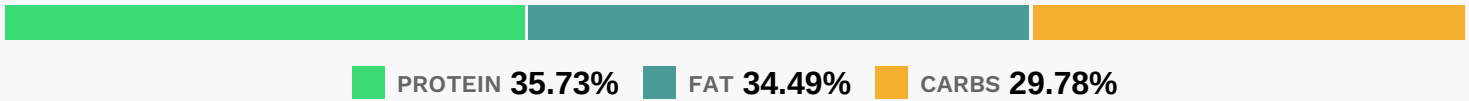
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over high heat.

- ☐ Add the shallots and garlic and cook until soft. Deglaze the pan with a splash of wine. Season the red snapper, striped bass, and shrimp and saute in the pot until lightly golden brown on each side.
- ☐ Add the remainder of the wine and cook until reduced by 3/
- ☐ Add the stock, tomatoes, honey, hot sauce, bay leaf and thyme and bring to a simmer.
- ☐ Add the clams and lobster, cover the pot, and continue cooking until the clams have opened, discarding any that have not opened.
- ☐ Remove the seafood with a slotted spoon to a large bowl. Bring the cooking liquid to a boil and cook until reduced by half.
- ☐ Whisk in the butter and parsley and season with salt and pepper, to taste.
- ☐ Pour the broth over the seafood and top with sourdough croutons.
- ☐ Preheat oven to 350 degrees F.
- ☐ Heat butter and oil in a large saute pan over medium heat.
- ☐ Add the garlic and cook until soft, about 2 minutes.
- ☐ Add the bread cubes and thyme, toss to coat, and then transfer to a baking sheet, spreading in an even layer.
- ☐ Bake until golden brown, about 8 to 10 minutes, turning once. Cool before using.

Nutrition Facts



Properties

Glycemic Index:58.72, Glycemic Load:25.87, Inflammation Score:-10, Nutrition Score:34.639130385026%

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 Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 580.84kcal (29.04%), Fat: 20.51g (31.55%), Saturated Fat: 7.43g (46.44%), Carbohydrates: 39.84g (13.28%), Net Carbohydrates: 37.2g (13.53%), Sugar: 8.22g (9.13%), Cholesterol: 176.8mg (58.93%), Sodium: 990.24mg (43.05%), Alcohol: 6.18g (100%), Alcohol %: 1.61% (100%), Protein: 47.81g (95.62%), Selenium: 93.15µg (133.07%), Vitamin B12: 6.96µg (116.07%), Vitamin K: 72µg (68.57%), Vitamin D: 8.83µg (58.88%), Phosphorus: 523.54mg (52.35%), Vitamin B6: 0.84mg (41.91%), Vitamin B1: 0.57mg (38.2%), Manganese: 0.6mg (30.12%), Vitamin A: 1449.59IU (28.99%), Magnesium: 113.51mg (28.38%), Potassium: 988.42mg (28.24%), Vitamin B3: 5.58mg (27.89%), Folate: 102.98µg (25.74%), Copper: 0.5mg (25.17%), Iron: 4.37mg (24.28%), Vitamin C: 18.42mg (22.33%), Vitamin B5: 1.87mg (18.68%), Vitamin B2: 0.32mg (18.58%), Vitamin E: 2.74mg (18.24%), Zinc: 2.43mg (16.23%), Calcium: 133.51mg (13.35%), Fiber: 2.64g (10.57%)