



Monkfish and Clam Bourride

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves garnish: 8 basil fresh whole
- ☐ 2 pounds hard-shelled clams such as littlenecks scrubbed well (less than 2 inches wide)
- ☐ 3 inch top toasted (4 inches wide)
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 large fennel bulb cored halved lengthwise thinly sliced lengthwise (sometimes called anise)
- ☐ 8 basil leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 garlic cloves halved thinly sliced

- ☐ 2 large leeks white (parts only)
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 1 pound monkfish fillet cut into 2-inch chunks
- ☐ 4 servings accompaniments: aioli and olive tapenade green
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon pepper flakes dried red hot
- ☐ 1 cup shallots thinly sliced (4 medium)
- ☐ 4 servings slow-braised tomatoes
- ☐ 0.5 cup water

Equipment

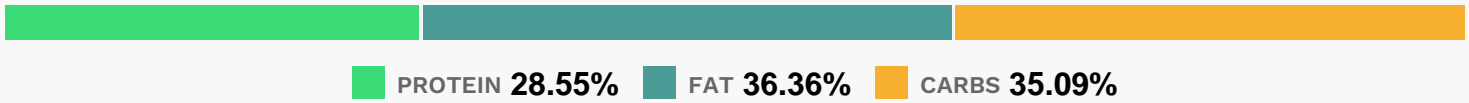
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ tongs
- ☐ colander

Directions

- ☐ Quarter potatoes, then cover by 1 inch with salted cold water in a 3-quart saucepan and simmer, covered, until just tender, 7 to 10 minutes.
- ☐ Drain in a colander, then cool.
- ☐ Wash leeks in a bowl of cold water, agitating water to loosen any sand, and lift leeks from water to a sieve to drain. Pat dry.
- ☐ Pat monkfish dry and season with salt and pepper.
- ☐ Heat oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then sear monkfish lightly on all sides until golden, about 2 minutes total (fish will not be cooked through).
- ☐ Transfer fish to a plate using tongs.

- ☐ Heat 2 tablespoons oil from slow-braised tomatoes in skillet over moderately high heat until hot but not smoking, then sauté leeks, fennel, and shallots, stirring, until softened and edges begin to brown, 4 to 6 minutes.
- ☐ Add sliced garlic and sauté, stirring, until fragrant, about 2 minutes.
- ☐ Add clams, wine, water, red pepper flakes, zest, and tomato halves and cook, covered, until clams are fully open, 6 to 10 minutes, checking every minute after 6 minutes and removing clams as they fully open. (Discard any clams that have not opened after 10 minutes.) Using tongs, transfer clams to a large bowl or soup tureen.
- ☐ Add monkfish and potatoes to skillet and simmer, covered, until fish is just cooked through, 4 to 6 minutes.
- ☐ Remove from heat and stir in basil and parsley. Season with salt and pour over clams.
- ☐ While monkfish is cooking, rub one side of each toast with a cut side of halved garlic clove. Divide bourride among 4 shallow bowls.
- ☐ Add a garlic toast and top with a spoonful each of aioli and tapenade.

Nutrition Facts



Properties

Glycemic Index:117.38, Glycemic Load:8.64, Inflammation Score:-10, Nutrition Score:33.149565240611%

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: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 384.02kcal (19.2%), Fat: 14.98g (23.04%), Saturated Fat: 2.32g (14.53%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 25.44g (9.25%), Sugar: 13.91g (15.45%), Cholesterol: 39.89mg (13.3%), Sodium: 156.77mg (6.82%), Alcohol: 3.09g (100%), Alcohol %: 0.68% (100%), Protein: 26.46g (52.91%), Vitamin K: 116.09µg (110.56%), Vitamin B12: 4.86µg (81.08%), Selenium: 54.48µg (77.82%), Vitamin C: 47.3mg (57.33%), Vitamin A: 2835.43IU

(56.71%), Manganese: 0.88mg (43.87%), Phosphorus: 432.9mg (43.29%), Potassium: 1475.7mg (42.16%), Vitamin B6: 0.82mg (41.18%), Fiber: 7.08g (28.32%), Folate: 107.63µg (26.91%), Vitamin E: 3.71mg (24.72%), Magnesium: 91.97mg (22.99%), Vitamin B3: 4.48mg (22.4%), Iron: 3.98mg (22.11%), Copper: 0.33mg (16.49%), Calcium: 133.97mg (13.4%), Vitamin B1: 0.19mg (12.85%), Vitamin B2: 0.18mg (10.79%), Zinc: 1.5mg (9.98%), Vitamin B5: 0.8mg (8.04%)