



## Mussel Soup with Rouille Toasts

READY IN



45 min.

SERVINGS



10

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound baguette halved
- ☐ 10 servings cayenne pepper
- ☐ 1 rib celery minced
- ☐ 2 cups bottled clam juice mixed with 2 cups water
- ☐ 1 cup cooking wine dry white
- ☐ 4 small garlic cloves sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups cup heavy whipping cream light
- ☐ 4 pounds mussels scrubbed

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 medium onion minced
- ☐ 5 piquillo peppers jarred ()
- ☐ 2 large pinches saffron threads crumbled
- ☐ 10 servings salt
- ☐ 0.5 tablespoon tomato paste
- ☐ 4 tablespoons butter unsalted
- ☐ 10 servings water

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat the oven to 35
- ☐ Cut 1 of the baguette halves crosswise into 1/4-inch-thick slices.
- ☐ Spread the slices on a rimmed baking sheet and bake for 15 minutes, or until golden.
- ☐ Remove the crust from the remaining baguette half.
- ☐ Cut the crust into 1-inch pieces and reserve 1 cup.
- ☐ Cut the crustless baguette into 1-inch dice; spread the bread cubes on another baking sheet and bake for 10 minutes, or until crisp; reserve.
- ☐ In a mini food processor, combine the 1 cup of reserved crust pieces with 1/4 cup of water and let soak until moistened.

- ☐ Add the piquillo peppers and half of the garlic and process until smooth. With the machine on, add the olive oil in a slow steady stream and puree until thick and creamy: the rouille should be the consistency of mayonnaise.
- ☐ Add the lemon juice and season with salt and cayenne. Thin the rouille with 2 tablespoons of hot water if it seems too thick.
- ☐ Melt 2 tablespoons of the butter in a large saucepan.
- ☐ Add the remaining half of the garlic and cook over moderately high heat until golden.
- ☐ Add the mussels, wine and saffron, cover and cook until the mussels begin to open, about 6 minutes; transfer to a bowl as they open and let cool slightly.
- ☐ Remove the mussels from their shells and place in a small bowl; discard the shells and any mussels that do not open. Strain the cooking liquid into a heatproof measuring cup; discard the solids.
- ☐ Add water, if needed, to make 2 cups of liquid.
- ☐ Wipe out the saucepan and melt the remaining 2 tablespoons of butter in it.
- ☐ Add the onion and celery and cook over moderate heat until softened, about 6 minutes. Stir in the tomato paste and cook until just glossy.
- ☐ Add the diluted clam juice and the reserved cooking liquid, leaving behind any grit. Bring to a boil and simmer for 20 minutes.
- ☐ Add the cream and the reserved toasted bread cubes to the broth and simmer until the bread is softened, about 5 minutes. In a blender, puree the soup in batches until very smooth. Return the soup to the saucepan, season with salt and cayenne and simmer until reduced to 8 cups, about 10 minutes.
- ☐ Stir the mussels into the soup and bring to a simmer. Ladle into shallow bowls.
- ☐ Spread the toasts with the rouille and serve.
- ☐ Make Ahead: The rouille, mussels and soup can be refrigerated separately overnight. Store the toasts in an airtight container. Recrisp in a 325 oven if necessary.
- ☐ Notes: Jarred piquillo peppers, from the Navarre region of Spain, are available at specialty food shops. Piquillos are richer in flavor than roasted red bell peppers and have a bit of heat. The best substitute is jarred roasted red peppers plus 1/4 teaspoon of hot paprika.

## Nutrition Facts



 PROTEIN 14.64%  FAT 54.59%  CARBS 30.77%

Properties

Glycemic Index:37.28, Glycemic Load:17.44, Inflammation Score:-9, Nutrition Score:26.742608744165%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 484.83kcal (24.24%), Fat: 28.5g (43.85%), Saturated Fat: 13.58g (84.88%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 34.21g (12.44%), Sugar: 5.05g (5.61%), Cholesterol: 91.01mg (30.34%), Sodium: 975.5mg (42.41%), Alcohol: 2.47g (100%), Alcohol %: 0.59% (100%), Protein: 17.2g (34.4%), Vitamin B12: 11.22µg (187.05%), Manganese: 3.53mg (176.74%), Selenium: 50.22µg (71.75%), Vitamin A: 1789.04IU (35.78%), Iron: 5.83mg (32.39%), Vitamin B1: 0.45mg (30%), Phosphorus: 277.61mg (27.76%), Vitamin B2: 0.44mg (25.62%), Folate: 98.37µg (24.59%), Vitamin C: 19.69mg (23.87%), Vitamin B3: 3.92mg (19.61%), Vitamin E: 2.66mg (17.72%), Potassium: 533.82mg (15.25%), Magnesium: 59.25mg (14.81%), Zinc: 2.14mg (14.3%), Calcium: 127.53mg (12.75%), Vitamin B6: 0.23mg (11.47%), Copper: 0.22mg (10.9%), Vitamin B5: 0.84mg (8.38%), Vitamin K: 8.27µg (7.88%), Fiber: 1.94g (7.78%), Vitamin D: 0.37µg (2.47%)