



Pan-Roasted Fish on Mushroom-Leek Ragout



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 oz bacon chopped
- ☐ 0.3 cup carrots diced finely
- ☐ 0.3 cup celery diced finely
- ☐ 0.5 ounce mushroom caps dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 1.5 teaspoons thyme leaves or dried fresh minced
- ☐ 4 servings salt and fresh-ground pepper
- ☐ 2 leeks white rinsed thinly sliced (1 lb. total)

- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1.5 tablespoons olive oil
- ☐ 1 pound portabella mushroom caps rinsed trimmed sliced
- ☐ 4 pieces boned dried black such as sturgeon or cod, rinsed and thick (1 in. ; 5 oz. each)

Equipment

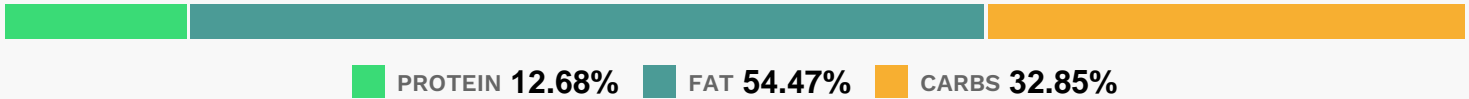
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a large frying pan over medium-high heat, stir bacon often until browned and crisp, 6 to 7 minutes.
- ☐ Add portabellas and stir often until golden brown, about 5 minutes; pour into a bowl.
- ☐ Add leeks, carrot, and celery to pan; reduce heat to medium and stir often until vegetables are soft, 8 to 10 minutes.
- ☐ Return portabellas to pan and add chicken broth, wine, and thyme; simmer, stirring often, until liquid is almost evaporated, about 10 minutes. Season to taste with salt and pepper.
- ☐ Meanwhile, preheat oven to 45
- ☐ In a spice or coffee grinder, grind dried mushrooms to a fine powder; pour into a wide, shallow bowl.
- ☐ Sprinkle both sides of fish with salt and pepper, then coat with the ground mushrooms.
- ☐ Pour olive oil into another large, ovenproof frying pan over medium-high heat.
- ☐ Add fish and cook until browned on the bottom, 3 to 4 minutes. Turn pieces and transfer pan to oven.
- ☐ Bake just until fish is opaque in center of thickest part, about 8 minutes.
- ☐ Divide mushroom-leek ragout among four plates. Top with fish.
- ☐ Wine pairing: Earthy, smoky Pinot Noir with mushroom notes under dark berry flavors. Best in our pairing: Tandem Sangiacomo Vineyard 2002 (Sonoma Coast; \$38), Foxen 2004 (Santa Maria Valley, CA; \$28), Willa

- ☐ Kenzie Pierre Lon Vineyard 2003 (Willamette Valley, Yamhill/Carlton, OR; \$36), and Estancia Stonewall Vineyard 2003 (Santa Lucia Highlands, CA; \$30).
- ☐ Flavor bridges: Pinot Noir can be meaty without being heavy and tannic; tender, white-fleshed fish like sturgeon is also meaty but lean (as are portabella mushrooms). Smokiness in the wine plays off the bacon in the ragout, and mushroom flavors--well, Pinot is about the only wine that offers them flat out.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:2.2, Inflammation Score:-9, Nutrition Score:16.422174007996%

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 Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 203.03kcal (10.15%), Fat: 11.67g (17.95%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 12.72g (4.62%), Sugar: 5.44g (6.04%), Cholesterol: 9.83mg (3.28%), Sodium: 331.32mg (14.41%), Alcohol: 3.09g (100%), Alcohol %: 1.52% (100%), Protein: 6.11g (12.22%), Vitamin A: 2147.58IU (42.95%), Selenium: 26.31µg (37.59%), Vitamin B3: 6.9mg (34.52%), Copper: 0.59mg (29.66%), Vitamin K: 27.1µg (25.81%), Vitamin B5: 2.27mg (22.66%), Manganese: 0.4mg (20.1%), Potassium: 670.99mg (19.17%), Phosphorus: 191.04mg (19.1%), Vitamin B6: 0.38mg (19.04%), Folate: 70.51µg (17.63%), Vitamin B2: 0.24mg (14.28%), Fiber: 3.11g (12.45%), Vitamin B1: 0.15mg (10.14%), Iron: 1.75mg (9.71%), Vitamin C: 7.33mg (8.89%), Vitamin E: 1.32mg (8.83%), Zinc: 1.2mg (8.02%), Magnesium: 25.19mg (6.3%), Calcium: 43.09mg (4.31%), Vitamin D: 0.54µg (3.6%), Vitamin B12: 0.18µg (2.95%)