



Peruvian Seafood Chowder

READY IN



80 min.

SERVINGS



6

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 small butternut squash peeled seeded chopped
- 0.5 cup cooking wine dry white
- 4 ears corn (cobs reserved)
- 2 large egg yolks lightly beaten
- 12 ounce evaporated milk canned
- 0.5 pound flounder fillet cut into chunks
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic
- 6 servings kosher salt

- 1 pound mussels scrubbed
- 6 tablespoons olive oil extra-virgin
- 6 scallions thinly sliced
- 1 scotch bonnet chile pepper seeds removed
- 1 pound shrimp deveined peeled (shells reserved)
- 1 large yukon gold potatoes diced peeled

Equipment

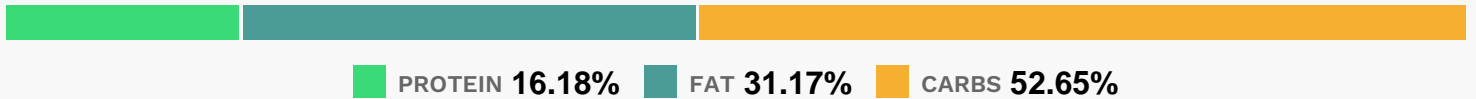
- frying pan
- pot
- blender
- wooden spoon
- chefs knife

Directions

- Mince the garlic and chile pepper.
- Sprinkle with salt and mash with the flat side of a chef's knife to make a paste.
- Heat 3 tablespoons olive oil in a large pot over medium heat.
- Add the garlic-chile paste and half of the scallions and fry until the paste is golden, 3 to 4 minutes.
- Add the shrimp shells and corn cobs and cook, stirring, until the shells are red, about 5 minutes.
- Add the wine and cook until almost evaporated, about 2 minutes.
- Add 6 cups water and bring to a boil over medium-high heat, then reduce the heat to medium low and simmer 15 minutes. Strain the broth and return to the pot; discard the solids.
- Meanwhile, heat a large skillet over medium heat.
- Add the remaining 3 tablespoons olive oil, the remaining scallions and the corn kernels; cook until the corn is golden, about 12 minutes.
- Add 1/2 cup water and stir, scraping the pan with a wooden spoon.

- Transfer the corn mixture to a blender; add 1 1/2 cups water and 2 teaspoons salt and puree until smooth.
- Add the pureed mixture to the pot with the broth.
- Add the squash, potato and evaporated milk to the pot. Bring to a boil over medium-high heat, then reduce the heat to medium low and simmer until the vegetables are tender, 12 to 15 minutes.
- Add the mussels to the pot, cover and cook until they begin to open, about 4 minutes.
- Add the shrimp and flounder and simmer, stirring gently, until just cooked through, 3 to 4 minutes. Gently stir in the egg yolks and cook 1 minute, then remove from the heat, cover and let stand 3 minutes. Season with salt and top with the cilantro.
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:54.96, Glycemic Load:27.44, Inflammation Score:-10, Nutrition Score:37.649130655372%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 682.73kcal (34.14%), Fat: 23.46g (36.09%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 89.15g (29.72%), Net Carbohydrates: 83.28g (30.28%), Sugar: 13.67g (15.19%), Cholesterol: 105.45mg (35.15%), Sodium: 419.06mg (18.22%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 27.4g (54.79%), Vitamin A: 7228.49IU (144.57%), Manganese: 2.35mg (117.46%), Selenium: 80.59µg (115.13%), Vitamin B12: 5.26µg (87.58%), Phosphorus: 552.07mg (55.21%), Vitamin C: 32.09mg (38.9%), Vitamin K: 37.6µg (35.81%), Magnesium: 129.05mg (32.26%), Potassium: 1092.05mg (31.2%), Vitamin E: 3.83mg (25.51%), Folate: 99.82µg (24.95%), Vitamin B2: 0.41mg (24.34%), Vitamin B6: 0.49mg (24.33%), Vitamin B1: 0.36mg (24.27%), Calcium: 236.92mg (23.69%), Fiber: 5.87g (23.48%), Vitamin B3: 4.64mg (23.18%), Iron: 4.16mg (23.14%), Copper: 0.4mg (20.04%), Zinc: 2.91mg (19.42%),

Vitamin B5: 1.91mg (19.15%), Vitamin D: 1.42µg (9.47%)