



Positively, Absolutely, Not Real Bouillabaisse

 Dairy Free

READY IN

ready

120 min.

SERVINGS

servings

8

CALORIES

calories

268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced
- ☐ 4 bay leaves fresh whole
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 teaspoon sea salt
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon sea salt divided

- ☐ 0.5 cup cooking wine dry white
- ☐ 3 ounces fennel bulb coarsely chopped
- ☐ 1 pound fish heads raw
- ☐ 8 ounces fish fillets wild such as farmed cobia or striped bass 1 or 2 types, skin and bones removed, cut into 1-inch pieces, at room temperature firm
- ☐ 8 ounces flaky fish fillets wild black such as cod, halibut, or rockfish 1 or 2 types, skin and bones removed, cut into 1-inch pieces, at room temperature
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 clove garlic cut in half
- ☐ 2 cloves garlic crushed
- ☐ 3 large cloves garlic peeled
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 large lobster tail raw cut into 1-inch pieces, at room temperature
- ☐ 8 ounces mussels cleaned trimmed at room temperature
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup olive oil divided
- ☐ 6 ounces onion coarsely chopped
- ☐ 3 inch orange peel
- ☐ 1 large bell pepper red
- ☐ 1 chile fresh red seeded
- ☐ 0.1 teaspoon saffron threads
- ☐ 6 cups water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ pot
- ☐ broiler

- ☐ kitchen towels

Directions

- ☐ For the fish stock: Rinse the fish heads and place in a tall 6-quart pot with tails, bones, lobster shell, bay leaves, 1 teaspoon sea salt, black peppercorns, and water.
- ☐ Place over high heat, cover, and bring to a boil. Decrease the heat to maintain a bare simmer and cook for 25 minutes. Strain, discard solids, and set the stock aside.
- ☐ Place 1/4 cup olive oil in a clean 6-quart pot and set over medium heat. When the oil shimmers, add the onions, fennel, and 1/2 teaspoon sea salt.
- ☐ Saute until semi-translucent, about 10 minutes, stirring frequently. Deglaze the pan with the wine and scrape any bits from the bottom of the pan.
- ☐ Add the reserved fish stock, tomatoes, parsley, orange peel and saffron, if desired.
- ☐ Place over high heat, cover, and bring to a boil. Decrease the heat to maintain a simmer and cook for 15 minutes. Increase the heat to high.
- ☐ Add the remaining 1/4 cup olive oil, the remaining 1/2 teaspoon sea salt, fish, garlic, and cayenne pepper. Boil rapidly, uncovered, for 5 to 7 minutes, stirring occasionally.
- ☐ Remove the pot from the heat, add the mussels and lobster, cover, and let stand until the fish is cooked through and the mussels open, 2 to 4 minutes. Discard any unopened mussels.
- ☐ To serve: Set the broiler to high. Lightly rub the baguette slices on both sides with the garlic.
- ☐ Place the prepared bread slices on a half sheet pan and broil, 1 inch away from the broiler, for 1 to 2 minutes. Turn the slices over and broil for another 1 to 2 minutes. Top with Rouille, if desired, and serve with fish stew.
- ☐ Cook the bell pepper over a gas burner set to high, turning every few minutes, until the skin blackens and is thoroughly charred.
- ☐ Remove the pepper to a metal mixing bowl, cover with a spare pot lid, and cool for 5 minutes.
- ☐ Remove the blackened skin from the pepper by rubbing with a clean kitchen towel. Pull out the stem and seed cluster and discard along with the skin.
- ☐ Place the roasted and skinned pepper, garlic, chile, lemon juice, and salt in the bowl of a mini-food processor. Process until smooth, 1 to 2 minutes. Stop and scrape down the side of the bowl once or twice. With the food processor running, slowly drizzle in the olive oil until thick.
- ☐ Serve with fish stew.

Nutrition Facts

PROTEIN 33.27% FAT 27.65% CARBS 39.08%

Properties

Glycemic Index:72.47, Glycemic Load:13.04, Inflammation Score:-8, Nutrition Score:24.98913031039%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 268.11kcal (13.41%), Fat: 8.05g (12.38%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 22.44g (8.16%), Sugar: 6.41g (7.12%), Cholesterol: 62.61mg (20.87%), Sodium: 1105.43mg (48.06%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 21.78g (43.57%), Selenium: 51.59µg (73.7%), Vitamin C: 47.86mg (58.01%), Vitamin B12: 2.93µg (48.8%), Manganese: 0.95mg (47.33%), Vitamin K: 47.62µg (45.35%), Copper: 0.58mg (28.95%), Vitamin B3: 5.31mg (26.54%), Phosphorus: 236.68mg (23.67%), Folate: 83.49µg (20.87%), Vitamin A: 1037.43IU (20.75%), Vitamin B1: 0.31mg (20.41%), Vitamin B6: 0.39mg (19.71%), Iron: 3.26mg (18.09%), Potassium: 628.9mg (17.97%), Vitamin E: 2.49mg (16.62%), Magnesium: 61.02mg (15.25%), Vitamin B2: 0.24mg (13.92%), Fiber: 3.15g (12.6%), Zinc: 1.86mg (12.4%), Vitamin D: 1.76µg (11.72%), Vitamin B5: 1.12mg (11.18%), Calcium: 109.11mg (10.91%)