



Provencal Fish Soup with Saffron Rouille



Dairy Free



Very Healthy

READY IN



4500 min.

SERVINGS



8

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 crusty baguette cut into 3/4-inch-thick slices
- ☐ 3 medium carrots chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 large rib celery stalks chopped
- ☐ 5 pounds cod (whole with heads), cleaned and rinsed well
- ☐ 2 cups wine (dry white)
- ☐ 1 large fennel bulb (chopped for garnish, and bulb)
- ☐ 4 large garlic clove (finely chopped)

- ☐ 1 tablespoon herbs de provence
- ☐ 4 medium leek white green chopped (and pale parts only)
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 inch orange zest fresh
- ☐ 8 servings saffron threads
- ☐ 0.1 teaspoon saffron threads crumbled
- ☐ 3 tablespoons tomato paste
- ☐ 4 cups tomatoes chopped
- ☐ 6 cups water
- ☐ 2 turkish bay leaf

Equipment

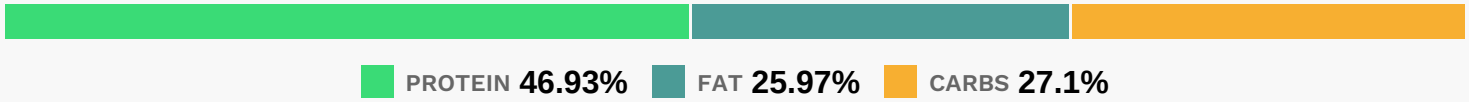
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Wash leeks.
- ☐ Cook leeks, fennel bulb, carrots, celery, and garlic in oil with herbes de Provence, bay leaves, cayenne, saffron, 1 tablespoon salt, and 1/2 teaspoon pepper in an 8-quart heavy pot over medium heat, stirring occasionally, until softened, about 10 minutes.
- ☐ While vegetable mixture cooks, cut fish crosswise into 2- to 3-inch lengths.
- ☐ Add tomatoes, wine, and zest to vegetable mixture and bring to a boil, then boil 30 seconds.
- ☐ Add fish, water, and tomato paste and simmer, uncovered, stirring occasionally, until fish completely falls apart, about 30 minutes.
- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Arrange baguette slices in 1 layer on a baking sheet and bake until golden brown and thoroughly dried, about 20 minutes.

- ☐
- Force soup through food mill into a large heavy pot, discarding solids. Reheat soup over medium heat, stirring occasionally.
- ☐
- Mound rouille on croutons and put 1 in bottom of each soup bowl.
- ☐
- Pour soup around croutons.
- ☐
- Soup, without rouille and croutons, can be made 2 days ahead and chilled, uncovered, until completely cooled, then covered. Reheat before serving.

Nutrition Facts



Properties

Glycemic Index:65.95, Glycemic Load:15.33, Inflammation Score:-10, Nutrition Score:39.629565487737%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 537.03kcal (26.85%), Fat: 14.11g (21.71%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 28.56g (10.38%), Sugar: 8.73g (9.7%), Cholesterol: 189.94mg (63.31%), Sodium: 502.59mg (21.85%), Alcohol: 6.18g (100%), Alcohol %: 1.05% (100%), Protein: 57.36g (114.72%), Selenium: 97.74µg (139.63%), Vitamin A: 5656.54IU (113.13%), Vitamin B12: 6.52µg (108.67%), Phosphorus: 737.28mg (73.73%), Manganese: 1.27mg (63.41%), Vitamin K: 64.47µg (61.4%), Vitamin B6: 0.76mg (38.11%), Potassium: 1331.23mg (38.04%), Vitamin B3: 6.45mg (32.27%), Folate: 126.44µg (31.61%), Vitamin C: 25.04mg (30.35%), Vitamin B1: 0.43mg (28.53%), Magnesium: 110.88mg (27.72%), Vitamin D: 3.97µg (26.46%), Iron: 4.63mg (25.73%), Calcium: 253.17mg (25.32%), Vitamin E: 3.69mg (24.59%), Zinc: 3.23mg (21.52%), Fiber: 4.56g (18.25%), Vitamin B2: 0.31mg (18.08%), Copper: 0.32mg (15.95%), Vitamin B5: 1.04mg (10.41%)