



Provencal Seafood Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon roughly chopped (can substitute extra virgin olive oil or butter, 3 Tbsp)
- ☐ 1 medium onion white yellow chopped
- ☐ 1 large celery stalk chopped
- ☐ 1 large carrots chopped
- ☐ 2 garlic cloves chopped
- ☐ 2 plum tomatoes chopped
- ☐ 1 pound fish fillets white roughly chopped
- ☐ 1 teaspoon orange zest

- ☐ 1 pinch cayenne
- ☐ 1 large pinch saffron threads
- ☐ 1 quart shellfish stock
- ☐ 0.3 cup heavy cream
- ☐ 4 servings salt to taste

Equipment

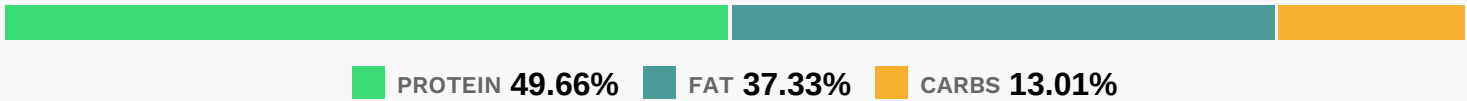
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook the bacon: Cook the bacon on medium heat in a 6 to 8 quart pot until it is crispy.
- ☐ Remove the bacon from the pot with a slotted spoon. Set aside on a paper towel to use for garnish later.
- ☐ Cook the onions, celery, carrot: Increase the heat to medium high and add the onions, celery and carrot. Cook for 3-4 minutes, stirring often, until the onions are translucent. Do not brown.
- ☐ Sprinkle some salt over everything as it cooks.
- ☐ Add the fish, tomatoes and the garlic and cook for another 2-3 minutes, stirring often.
- ☐ Add the orange zest, cayenne and saffron, then add the shellfish stock or whatever stock you are using. In a pinch you could even use chicken or vegetable stock, but the flavor of the soup will be different. Simmer this gently – do not let it get to a rolling boil – for 20 minutes, stirring occasionally.
- ☐ Purée the soup: Get another pot ready. Fill a blender a third of the way with the soup and blend it on high (starting on low then increasing to high) for 1 minute, or until it is well puréed. Work in batches to purée the rest of the soup.
- ☐ Pour the puréed soup into the clean pot.
- ☐ Put the soup on medium-low heat and add the cream. Stir well and taste for salt, adding if needed. Do not let this boil! Or it might break.

Serve garnished with bacon bits or dill fronds, and alongside some crusty bread. A dry rose or light red wine would go well with this; I'd suggest a Beaujolais or a Pinot Noir.

Nutrition Facts



Properties

Glycemic Index:68.96, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:18.890435094419%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 230.86kcal (11.54%), Fat: 9.62g (14.79%), Saturated Fat: 4.53g (28.32%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 6.09g (2.21%), Sugar: 3.51g (3.9%), Cholesterol: 73.51mg (24.5%), Sodium: 1025.3mg (44.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.56%), Selenium: 49.88µg (71.26%), Vitamin A: 3511.18IU (70.22%), Vitamin B3: 8.09mg (40.45%), Vitamin B12: 2.05µg (34.2%), Phosphorus: 296.84mg (29.68%), Vitamin D: 3.75µg (25.02%), Potassium: 741.72mg (21.19%), Vitamin B6: 0.32mg (15.81%), Folate: 51.16µg (12.79%), Copper: 0.25mg (12.5%), Vitamin B2: 0.2mg (11.59%), Calcium: 111.6mg (11.16%), Magnesium: 43.02mg (10.75%), Vitamin C: 8.64mg (10.47%), Vitamin E: 1.36mg (9.05%), Manganese: 0.17mg (8.47%), Vitamin K: 8.26µg (7.87%), Iron: 1.38mg (7.68%), Vitamin B5: 0.71mg (7.15%), Vitamin B1: 0.09mg (5.96%), Fiber: 1.45g (5.81%), Zinc: 0.81mg (5.4%)