



Roasted Rockfish Rockefeller

 **Gluten Free**  **Very Healthy**

READY IN



55 min.

SERVINGS



2

CALORIES



1324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings tapioca/arrowroot flour
- 2 servings butter
- 2 servings chervil sprigs
- 1 bulb fennel thinly sliced
- 1 cup fish stock
- 2 garlic cloves minced
- 0.5 cup prosciutto ham diced sliced
- 1 cup heavy cream

- 10 gulf oysters
- 3 ounces parmesan cheese
- 2 ounces pernod
- 6 ounces local rockfish
- 1 pinch saffron threads
- 2 servings sea salt and pepper to taste
- 2 shallots chopped
- 1 pound pkt spinach fresh
- 1 summer squash
- 3 sweet potatoes sliced
- 1 turnip
- 1 zucchini

Equipment

- oven

Directions

- Saute spinach.
- Mix in cream, ham and Parmesan cheese. Poach the oysters in fish stock, then add to spinach mixture.
- To make the sauce: Reduce fish stock, add garlic, shallots, saffron and Pernod. Season with salt and pepper. Thicken with arrowroot, if needed.
- Preheat oven to 350 degrees. Prepare the fish: Use 2 pieces of fish. Leave 1 whole and cut a slit in the middle of the second.
- Place stuffing on whole piece.
- Lay the second piece over the stuffing so the stuffing shows through the slit.
- Bake in oven for about 15 minutes.
- Make the Sweet Potato Napoleon: Deep-fry the 1 sliced sweet potato until crisp. Boil the rest of the potatoes until soft. Put through food mill. Plate by layering the sweet potato chips and pureed potatoes.

Make the Parisian Vegetables: Make Parisian balls with a melon scoop out of the zucchini, summer squash, and turnip. Blanch and toss in butter.

Deep-fry the fennel flames.

Nutrition Facts

PROTEIN 19.24% **FAT 47.42%** **CARBS 33.34%**

Properties

Glycemic Index:273.5, Glycemic Load:42.39, Inflammation Score:-10, Nutrition Score:77.493478194527%

Flavonoids

Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 14.56mg, Kaempferol: 14.56mg, Kaempferol: 14.56mg, Kaempferol: 14.56mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg, Quercetin: 10.01mg

Nutrients (% of daily need)

Calories: 1324.27kcal (66.21%), Fat: 67.78g (104.28%), Saturated Fat: 39.95g (249.7%), Carbohydrates: 107.25g (35.75%), Net Carbohydrates: 84.29g (30.65%), Sugar: 32.61g (36.24%), Cholesterol: 241.16mg (80.39%), Sodium: 2293.41mg (99.71%), Alcohol: 10.74g (100%), Alcohol %: 0.96% (100%), Protein: 61.86g (123.72%), Vitamin A: 72196.38IU (1443.93%), Vitamin K: 1187.66µg (1131.11%), Manganese: 3.77mg (188.27%), Vitamin C: 137.09mg (166.17%), Folate: 603.34µg (150.83%), Potassium: 4363.06mg (124.66%), Selenium: 83.91µg (119.87%), Phosphorus: 1103.23mg (110.32%), Calcium: 1099.24mg (109.92%), Vitamin B6: 2.17mg (108.69%), Magnesium: 391.45mg (97.86%), Vitamin B2: 1.58mg (93.21%), Fiber: 22.95g (91.81%), Copper: 1.43mg (71.34%), Iron: 12.25mg (68.08%), Zinc: 8.9mg (59.35%), Vitamin B1: 0.87mg (57.79%), Vitamin E: 8.41mg (56.06%), Vitamin B3: 11.1mg (55.49%), Vitamin B12: 2.85µg (47.5%), Vitamin B5: 4.66mg (46.57%), Vitamin D: 5.59µg (37.29%)