



Seafood Gratin

READY IN



60 min.

SERVINGS



4

CALORIES



767 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1.5 cups carrots julienned (3 carrots)
- ☐ 1 cup bottled clam juice
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh minced
- ☐ 1 tablespoon tarragon leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 8 ounces halibut raw
- ☐ 1 cup heavy cream

- ☐ 4 servings kosher salt
- ☐ 3 cups leeks light white green julienned (2 large)
- ☐ 8 ounces live maine lobsters cooked cut into 1-inch chunks
- ☐ 1 cup panko bread crumbs dried (Japanese bread crumbs)
- ☐ 0.3 cup parmesan freshly grated
- ☐ 8 ounces shrimp raw deveined peeled cut in half crosswise
- ☐ 0.5 teaspoon saffron threads
- ☐ 3 tablespoons tomato purée
- ☐ 7 tablespoons butter unsalted divided
- ☐ 0.5 cup white wine such as chablis, divided good

Equipment

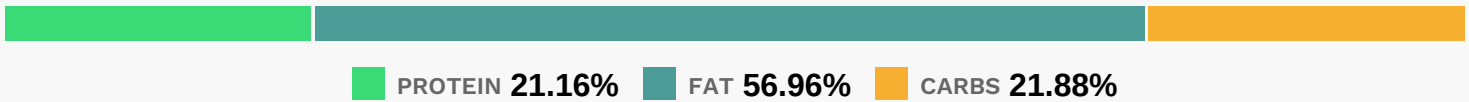
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Place 4 individual gratin dishes on sheet pans. (If recipe is doubled serve it in a 14 by 9 1/4-inch oval gratin dish.)
- ☐ Combine the stock, cream, 1/2 cup of the wine, the tomato puree, and saffron in a medium saucepan. Bring to a boil, lower the heat, and add the shrimp. After 3 minutes, use a slotted spoon to remove the shrimp to a bowl.
- ☐ Add the halibut to the stock for 3 minutes, until just cooked through, and remove to the same bowl.
- ☐ Add the cooked lobster to the bowl.

- ☐ Continue to cook the sauce until reduced by half, about 12 minutes. Mash 1 tablespoon of the butter together with the flour.
- ☐ Whisk the butter mixture into the sauce along with 1 teaspoon salt and 1/2 teaspoon pepper. Simmer, stirring constantly, until thickened, about 5 minutes. Set aside.
- ☐ Melt 3 tablespoons of the butter in a medium saute pan.
- ☐ Add the leeks and carrots and cook over medium heat for 5 minutes, until softened.
- ☐ Add the remaining 3 tablespoons of wine, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook for 5 to 10 minutes, until tender. Set aside.
- ☐ Combine the panko, Parmesan, parsley, tarragon, and garlic. Melt the remaining 3 tablespoons of butter and mix it into the crumbs until they're moistened.
- ☐ Divide the seafood among the 4 gratin dishes. Strew the vegetables on top of each dish.
- ☐ Pour the sauce equally over the seafood and vegetables and spoon the crumbs evenly on top.
- ☐ Bake for 20 minutes, until the top is browned and the sauce is bubbly.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:119.96, Glycemic Load:6.1, Inflammation Score:-10, Nutrition Score:39.36260853643%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 767.34kcal (38.37%), Fat: 47.57g (73.18%), Saturated Fat: 28.46g (177.9%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 36.81g (13.39%), Sugar: 9.33g (10.37%), Cholesterol: 296.81mg (98.94%), Sodium: 1390.84mg (60.47%), Alcohol: 3.09g (100%), Alcohol %: 0.76% (100%), Protein: 39.76g (79.51%), Vitamin A: 11132.27IU (222.65%), Selenium: 91.6µg (130.85%), Vitamin K: 77.07µg (73.4%), Phosphorus: 586.02mg (58.6%), Copper:

1.16mg (57.75%), Vitamin B3: 9.55mg (47.76%), Manganese: 0.95mg (47.41%), Vitamin B6: 0.84mg (42.23%), Vitamin B12: 2.35µg (39.24%), Calcium: 380.09mg (38.01%), Folate: 123.07µg (30.77%), Potassium: 1020.83mg (29.17%), Vitamin B1: 0.43mg (28.58%), Vitamin D: 4.08µg (27.22%), Vitamin E: 4.02mg (26.8%), Zinc: 4mg (26.66%), Magnesium: 105.88mg (26.47%), Iron: 4.58mg (25.43%), Vitamin B2: 0.41mg (23.94%), Vitamin C: 16.48mg (19.98%), Vitamin B5: 1.87mg (18.75%), Fiber: 4.29g (17.17%)