

Seafood Stew

 Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet anchovy minced
- 1 crusty baguette
- 0.3 teaspoon peppercorns black
- 2 carrots thinly sliced thin
- 1 rib celery stalks thinly sliced
- 1 cup wine dry white
- 0.5 cup parsley fresh finely chopped
- 2 garlic clove minced

- 1 tablespoon olive oil
- 1 medium onion halved thinly sliced chopped
- 0.5 teaspoon pepper dried red hot crumbled
- 2 teaspoons salt
- 2 lb squid rings cleaned
- 1.5 tablespoons tomato paste
- 8 cups water cold
- 0.3 lb fish fillet mixed whole black red with skin, reserving heads and bones for stock cleaned (such as bass, branzino, daurade, snapper, and rouget)

Equipment

- bowl
- oven
- pot
- sieve
- baking pan

Directions

- Bring water to a simmer with reserved fish heads and bones, carrots, celery, sliced onion, and peppercorns in a wide heavy 6- to 8-quart pot, then simmer, uncovered, skimming foam as necessary, 30 minutes.
- Pour stock through a large sieve into a large bowl, pressing on and then discarding solids. (You will have about 6 cups stock.)
- Put oven rack in middle position and preheat oven to 325°F.
- Cut baguette into 1/2-inch-thick slices, then arrange in 1 layer in an ungreased shallow baking pan.
- Bake until toasts are crisp and dry, 15 to 20 minutes.
- Chop enough squid to measure 1/4 cup, then toss remaining whole squid with 3/4 teaspoon salt and set aside.

- Remove any pin bones from fish fillets with tweezers or needlenose pliers, then cut fillets diagonally into serving pieces and sprinkle with 3/4 teaspoon salt.
- Cook chopped onion in oil with remaining 1/2 teaspoon salt in cleaned pot over moderate heat, stirring occasionally, until softened, about 8 minutes.
- Add anchovy, garlic, hot chile, and tomato paste and cook, stirring, 2 minutes.
- Add chopped squid and 1/2 cup parsley and cook, stirring, 1 minute.
- Add wine and boil, stirring occasionally, until reduced by half, 2 to 3 minutes.
- Add 1 cup stock, then arrange whole squid in 1 layer in pot and then place fish fillets on top.
- Add enough of remaining stock to just cover fish and cook over moderate heat, uncovered, until fillets are just cooked through, 2 to 5 minutes.
- Serve stew over toasts in shallow soup plates and sprinkle with remaining 2 tablespoons parsley.

Nutrition Facts



■ **PROTEIN 42.04%**
■ **FAT 17.79%**
■ **CARBS 40.17%**

Properties

Glycemic Index:55.26, Glycemic Load:15.36, Inflammation Score:-10, Nutrition Score:32.836956449177%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 343.53kcal (17.18%), Fat: 6.1g (9.39%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.79g (10.47%), Sugar: 4.63g (5.15%), Cholesterol: 362.54mg (120.85%), Sodium: 1180.46mg (51.32%), Alcohol: 4.12g (100%), Alcohol %: 0.84% (100%), Protein: 32.45g (64.91%), Copper: 3.02mg (151.16%), Selenium: 83.85µg (119.78%), Vitamin K: 88.84µg (84.61%), Vitamin A: 3981.27IU (79.63%), Vitamin B2: 0.81mg (47.58%), Phosphorus: 436.39mg (43.64%), Vitamin B12: 2.27µg (37.87%), Vitamin B3: 6.59mg (32.97%), Vitamin C: 17.51mg (21.22%), Vitamin B1: 0.31mg (20.96%), Manganese: 0.42mg (20.94%), Magnesium: 82.84mg (20.71%), Zinc:

2.99mg (19.93%), Potassium: 684.6mg (19.56%), Iron: 3.34mg (18.53%), Vitamin E: 2.77mg (18.46%), Folate: 72.79µg (18.2%), Calcium: 132.06mg (13.21%), Vitamin B6: 0.26mg (13.01%), Vitamin B5: 1.15mg (11.46%), Fiber: 2.21g (8.85%), Vitamin D: 0.59µg (3.91%)