



Seafood Stew with Fennel and Thyme

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter ()
- ☐ 32 ounce bottled clam juice
- ☐ 1 cup crème fraîche
- ☐ 1 cup wine dry white
- ☐ 2 large egg yolk
- ☐ 2 cups fennel bulb diced trimmed
- ☐ 1.8 pounds pacific halibut filets thick cut into 1 1/2-inch pieces

- ☐ 2 cups leek white green finely chopped (and pale parts only)
- ☐ 1.5 pounds mussels scrubbed
- ☐ 2.5 cups onion chopped
- ☐ 12 parsley chopped
- ☐ 10 ounces scallops
- ☐ 4 large thyme sprigs fresh

Equipment

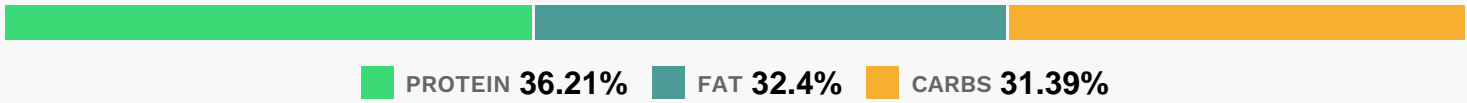
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Combine mussels, 1 1/4 cups onions, wine, and 8 parsley sprigs in large pot; bring to boil. Cover and cook until mussels open, shaking pot often, about 5 minutes. Using slotted spoon, transfer mussels to large bowl to cool (discard any mussels that do not open). Strain cooking liquid into large measuring cup; discard vegetables in strainer.
- ☐ Add enough water to cooking liquid to measure 2 cups total.
- ☐ Remove mussels from shells if desired.
- ☐ Melt butter in same large pot over medium heat.
- ☐ Add remaining 1 1/4 cups onions, leeks, and fennel and sauté until leeks are soft, stirring frequently, about 7 minutes.
- ☐ Add reserved mussel cooking liquid, 4 parsley sprigs, clam juice, thyme sprigs, and bay leaves. Simmer uncovered until vegetables are tender and liquid has reduced by 1/3, about 25 minutes.

- ☐ Add halibut and scallops to broth and simmer until just opaque in center, about 4 minutes. Using slotted spoon, transfer halibut and scallops to bowl. Discard parsley sprigs, thyme sprigs, and bay leaves.
- ☐ Whisk crème fraîche and egg yolks in medium bowl to blend.
- ☐ Whisk in 1/2 cup hot cooking liquid from pot. Gradually stir yolk mixture into stew. Cook over medium heat until liquid thickens slightly, stirring constantly, about 5 minutes (do not allow mixture to boil). Return halibut, scallops, and mussels to pan. Cook until halibut is heated through, stirring often, about 5 minutes. Stir in 1/2 cup chopped parsley. Season with salt and pepper.
- ☐ Serve in warmed shallow bowls.
- ☐ *Crème fraîche is sold at some supermarkets. If unavailable, heat 1 cup whipping cream to lukewarm (85°F).
- ☐ Remove from heat and mix in 2 tablespoons buttermilk. Cover and let stand in warm, draft-free area until slightly thickened, 24 to 48 hours, depending on temperature of room. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:4.38, Inflammation Score:-9, Nutrition Score:38.755652137425%

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 Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg 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: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 490.96kcal (24.55%), Fat: 16.56g (25.47%), Saturated Fat: 7.58g (47.35%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 32.75g (11.91%), Sugar: 11.87g (13.19%), Cholesterol: 186.21mg (62.07%), Sodium:

1059.39mg (46.06%), Alcohol: 4.12g (100%), Alcohol %: 0.86% (100%), Protein: 41.64g (83.27%), Vitamin B12: 9.31µg (155.1%), Selenium: 98.4µg (140.58%), Manganese: 2.39mg (119.64%), Phosphorus: 706.27mg (70.63%), Vitamin K: 66.38µg (63.22%), Vitamin B6: 1.1mg (55.19%), Vitamin B3: 10.72mg (53.61%), Vitamin D: 6.52µg (43.49%), Potassium: 1361.71mg (38.91%), Vitamin C: 28.25mg (34.24%), Vitamin A: 1581.98IU (31.64%), Folate: 113.82µg (28.45%), Magnesium: 98.27mg (24.57%), Iron: 4.42mg (24.57%), Vitamin B2: 0.33mg (19.39%), Vitamin B1: 0.27mg (17.8%), Zinc: 2.5mg (16.69%), Vitamin B5: 1.49mg (14.93%), Vitamin E: 2.16mg (14.41%), Calcium: 142.76mg (14.28%), Fiber: 3.34g (13.36%), Copper: 0.24mg (12%)