



Shellfish Stew with Chorizo and Rouille

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium crusty baguette
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.8 pound sausage sliced
- ☐ 3 cups bottled clam juice
- ☐ 0.5 teaspoon thyme dried
- ☐ 0.5 cup wine dry white

- ☐ 10 garlic clove minced smashed
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 teaspoons olive oil
- ☐ 1 medium onion chopped
- ☐ 0.3 cup roasted peppers red drained
- ☐ 4 servings salt
- ☐ 0.8 pound scallops halved
- ☐ 0.8 pound shrimp shelled deveined

Equipment

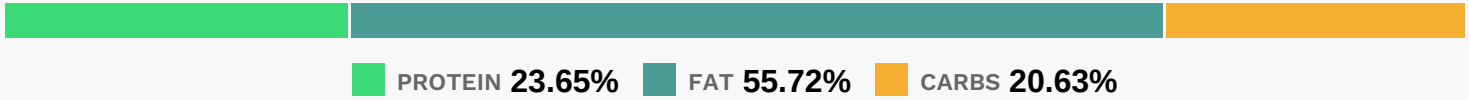
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat the oil in a large skillet.
- ☐ Add the chorizo and cook over moderately high heat, stirring frequently, until browned, about 10 minutes.
- ☐ Transfer to a plate.
- ☐ Pour off all but 1 tablespoon of the fat.
- ☐ Add the chopped onion to the skillet and cook over moderately low heat, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the wine and minced garlic and cook until the liquid is reduced to 1/4 cup, about 3 minutes.
- ☐ Add the chorizo, clam juice, crushed tomatoes and thyme and bring to a simmer. Cover and cook for 20 minutes.
- ☐ Meanwhile, cut a 3-inch piece from the baguette and cut off the crust. Soften the piece of crustless bread under running water, then squeeze to remove the excess water. In a food

- processor, puree the softened bread with the mayonnaise, red peppers, smashed garlic cloves and cayenne.
- ☐ Preheat the broiler.
 - ☐ Cut the remaining baguette into 1/4-inch slices and arrange on a baking sheet. Broil for about 3 minutes, turning once, until golden.
 - ☐ Add the shrimp and scallops to the skillet and simmer until just cooked through. Stir in 1/2 cup of the rouille and the black pepper. Season the stew and the remaining rouille with salt.
 - ☐ Spread the rouille on the croutons.
 - ☐ Serve the stew in shallow bowls, garnished with the croutons.
 - ☐ Wine Recommendation: The rich, earthy ross of Provence go particularly well with shellfish stews. Look for the 1996 Domaine Jean Bagnis l'Estandon Ros.

Nutrition Facts



Properties

Glycemic Index:80.94, Glycemic Load:5.32, Inflammation Score:-8, Nutrition Score:26.120869429215%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 775.25kcal (38.76%), Fat: 46.78g (71.97%), Saturated Fat: 11.26g (70.38%), Carbohydrates: 38.97g (12.99%), Net Carbohydrates: 35.25g (12.82%), Sugar: 12.49g (13.88%), Cholesterol: 230.33mg (76.78%), Sodium: 2324.42mg (101.06%), Alcohol: 3.09g (100%), Alcohol %: 0.6% (100%), Protein: 44.67g (89.34%), Phosphorus: 673.05mg (67.3%), Vitamin K: 55.47µg (52.83%), Vitamin B6: 0.76mg (38.17%), Copper: 0.72mg (35.92%), Vitamin C: 29.21mg (35.4%), Potassium: 1204.82mg (34.42%), Vitamin B3: 6.73mg (33.67%), Vitamin B12: 2.01µg (33.48%), Zinc: 4.47mg (29.82%), Manganese: 0.57mg (28.33%), Vitamin B1: 0.42mg (28.13%), Magnesium: 101.69mg (25.42%), Iron: 4.14mg (22.97%), Selenium: 15.03µg (21.47%), Vitamin E: 2.89mg (19.29%), Calcium: 155.64mg

(15.56%), Fiber: 3.71g (14.85%), Folate: 57.34µg (14.33%), Vitamin B2: 0.24mg (14.12%), Vitamin A: 696.83IU (13.94%),
Vitamin B5: 1.36mg (13.62%), Vitamin D: 1.16µg (7.74%)