# The Ultimate Sea Food Soup

Dairy Free · Very Healthy

| READY IN | SERVINGS | CALORIES |
|---|---|---|
| 135 min. | 6 | 1301 kcal |

LUNCH · MAIN COURSE · MAIN DISH · DINNER

## Ingredients

- [ ] 18 slices baguette (1/)
- [ ] 2 bay leaves
- [ ] 0.5 teaspoon cayenne
- [ ] 0.5 teaspoon cayenne pepper
- [ ] 2 cups cooking wine dry white
- [ ] 2 crabs blue
- [ ] 1 small fennel bulb halved
- [ ] 1 cup flat-leaf parsley fresh plus more for garnish chopped

- [ ] 6 servings parsley leaves fresh chopped for garnish
- [ ] 0.5 head garlic
- [ ] 5 garlic cloves
- [ ] 0.5 juice of lemon juiced
- [ ] 1.5 pounds shrimp
- [ ] 1 leek halved
- [ ] 1 optional: lemon juiced halved
- [ ] 4 lobster claws
- [ ] 2 lobster tail pieces
- [ ] 1 cup mayonnaise
- [ ] 0.5 cup olive oil extra-virgin
- [ ] 6 servings olive oil extra-virgin
- [ ] 0.5 onion
- [ ] 1 orange zest peeled
- [ ] 1 bell pepper red peeled seeded coarsely chopped
- [ ] 1 pinch saffron threads
- [ ] 4 pounds sea bass black
- [ ] 6 servings sea salt and pepper black freshly ground
- [ ] 6 thyme sprigs fresh
- [ ] 2 medium tomatoes coarsely chopped
- [ ] 5 cups water cold

## Equipment

- [ ] food processor
- [ ] bowl
- [ ] ladle
- [ ] oven
- [ ] knife
- [ ] pot

## Directions

- [ ] Watch how to make this recipe.
- [ ] To make the fish stock, hack up the crabs with a large sharp knife and put them into a big stockpot. Peel and de-vein the shrimp and put the shells into the pot (reserve the shrimp for later).
- [ ] Add the fish bones on top.
- [ ] Add lemon and lemon juice, bay leaves, fennel, strip of orange zest, parsley, and thyme.
- [ ] Add the tomatoes, squeezing as you add them.
- [ ] Add garlic, leek, onion, water, and wine. Season with sea salt and freshly ground pepper and a pinch of cayenne.
- [ ] Place over a medium heat. Simmer gently for 30 minutes, stirring occasionally, but don't let it boil. Skim and discard the fish foam that rises to the surface.
- [ ] Remove from heat.
- [ ] Put the lobster claws into a large cast iron serving pot and strain the stock over them.
- [ ] Turn the temperature up and simmer for 5 minutes.
- [ ] Add a splash of olive oil and a pinch of saffron. Lastly add the reserved shrimp and lobster tails, and cook for 3 minutes.
- [ ] Add large bite sized pieces of sea bass and cook for 3 minutes.
- [ ] Place pieces of seafood in a big soup bowl. Put a spoonful of Rouille on Croutons and ladle soup on top.
- [ ] To make the rouille, put the red pepper, garlic, mayonnaise, saffron, cayenne, and lemon juice in a food processor. Pulse the mixture until combined and smooth. Season with sea salt and freshly ground black pepper.
- [ ] Preheat oven to 400 degrees F.
- [ ] To make the croutons lightly brush the baguette slices with olive oil and bake until crisp, about 10 minutes.

## Nutrition Facts

PROTEIN **37.43%** FAT **42.15%** CARBS **20.42%**

## Properties

Glycemic Index:111.88, Glycemic Load:35.27, Inflammation Score:-10, Nutrition Score:62.027390853218%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg, Eriodictyol: 4.39mg Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg, Hesperetin: 5.7mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 30.22mg, Apigenin: 30.22mg, Apigenin: 30.22mg, Apigenin: 30.22mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg, Myricetin: 2.34mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

## Nutrients (% of daily need)

Calories: 1300.8kcal (65.04%), Fat: 57.64g (88.67%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 62.83g (20.95%), Net Carbohydrates: 56.73g (20.63%), Sugar: 10.61g (11.79%), Cholesterol: 605.69mg (201.9%), Sodium: 1828.77mg (79.51%), Alcohol: 8.24g (100%), Alcohol %: 0.88% (100%), Protein: 115.19g (230.37%), Vitamin K: 340.47µg (324.26%), Selenium: 216.14µg (308.77%), Vitamin B12: 17.8µg (296.67%), Copper: 2.61mg (130.31%), Phosphorus: 1286.56mg (128.66%), Vitamin C: 75.28mg (91.24%), Vitamin B3: 15.24mg (76.18%), Vitamin B6: 1.5mg (74.97%), Magnesium: 291.51mg (72.88%), Zinc: 10.17mg (67.81%), Vitamin B1: 0.99mg (66.13%), Potassium: 2143.12mg (61.23%), Vitamin A: 2992.92IU (59.86%), Folate: 229.45µg (57.36%), Manganese: 1.1mg (55.2%), Iron: 9.42mg (52.34%), Vitamin B5: 4.8mg (48.03%), Calcium: 425.13mg (42.51%), Vitamin E: 6.1mg (40.64%), Vitamin B2: 0.6mg (35.32%), Fiber: 6.11g (24.43%)