



Wine-braised Seafood Choucroute



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces bacon chopped
- ☐ 0.5 tsp pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 2 bay leaves dried
- ☐ 2 cups mirin dry divided
- ☐ 6 servings chives fresh chopped
- ☐ 2 tablespoons garlic chopped
- ☐ 1 teaspoon juniper berries

- ☐ 0.3 cup regular lemon juice fresh
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 0.5 cup olive oil divided
- ☐ 2 medium onions sliced
- ☐ 6 servings salt
- ☐ 3 lbs sauerkraut fresh
- ☐ 1.5 lbs seafood sausages fresh
- ☐ 0.3 cup shallots minced
- ☐ 6 ounces hot-smoked salmon
- ☐ 1.5 pounds boned black such as halibut or cod firm

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Preheat oven to 32
- ☐ In a large, wide ovenproof pot, brown bacon over medium-high heat, 4 to 5 minutes.
- ☐ Add onions and garlic; cook until onions are soft, 5 minutes.
- ☐ Rinse sauerkraut well in a colander; squeeze out as much moisture as possible. Stir sauerkraut into onion mixture.
- ☐ Add 1 1/2 cups wine, the broth, bay leaves, juniper berries, and 1/2 tsp. pepper. Bring to a boil, then cover and bake until sauerkraut is barely tender to the bite, about 1 hour.
- ☐ In a small saucepan, boil shallots in remaining 1/2 cup wine until liquid is reduced by half.

- ☐ Remove from heat; whisk in lemon juice and mustard, then 6 tbsp. olive oil in a thin stream. Season with salt and pepper and pour into a small pitcher.
- ☐ Rinse fish, pat dry, and sprinkle all over with salt and pepper.
- ☐ Heat remaining 2 tbsp. olive oil in a large nonstick frying pan over medium-high heat. Cook fish, skinned side up, until browned on the bottom, about 6 minutes.
- ☐ Nestle sausages into sauerkraut mixture and top with fish, browned side up. Cover and bake until sausages and fish are opaque but still moist-looking in center (cut to test), about 10 minutes.
- ☐ Transfer fish and sausages to a warm plate. With a slotted spoon, mound sauerkraut on a warm platter; discard braising liquid. Tuck chunks of smoked salmon into sauerkraut and arrange fish and sausages around and on top.
- ☐ Sprinkle with chives and serve with vinaigrette.
- ☐ *Find at gourmet markets and seafood shops (you might have to order ahead). Or substitute 1 1/2 lbs. peeled deveined raw shrimp (16 to 20 per lb.; tails left on); in step 5, stir shrimp into sauerkraut before adding fish.
- ☐ SAUVIGNON BLANC: Rochioli Sauvignon Blanc 2007 (Russian River Valley; \$26). Rich and complex; lively herbs; exotic mix of Asian pear, grapefruit, lemongrass. Signaterra (by Benziger Family) Shone Farm Vineyard Sauvignon Blanc 2007 (Russian River Valley; \$26). Lovely new-mown grass and herb aromas followed by a splash of grapefruit.
- ☐ SPARKLING WINE: Gruet Blanc de Blancs 2004 (New Mexico; \$25). A delightful sparkler with fresh grapefruit, melons, and pears over faint tropical notes. Schramsberg Blanc de Blancs 2005 (North Coast; \$36). Crisp apple and creamy lemon blend with stone fruit and a yummy toasted character.
- ☐ DRY RIESLING: Claiborne & Churchill Dry Riesling 2006 (Central Coast; \$18). Fuzzy apricots and peaches balanced by minerals and a touch of classic Riesling diesel-fuel quality (a good thing). Trefethen Family Dry Riesling 2007 (Oak Knoll District, Napa Valley; \$22). Crisp and bright, with lemon zest and beautiful stone fruit.
- ☐ DRY GEWRZTRAMINER: Londer Dry Gewrztraminer 2007 (Anderson Valley; \$26). Perfumed with honeysuckle and juicy with stone fruit and citrus. Stony Hill Gewrztraminer 2006 (Napa Valley; \$21). True to its namefull of wet stones, plus flowers and spice and satisfyingly bitter grapefruit.

Nutrition Facts



 PROTEIN **30.15%**  FAT **57.58%**  CARBS **12.27%**

Properties

Glycemic Index:42.67, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:34.820434984954%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg, Isorhamnetin: 1.9mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 726.98kcal (36.35%), Fat: 43.45g (66.85%), Saturated Fat: 13.5g (84.37%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 13.05g (4.75%), Sugar: 6.78g (7.54%), Cholesterol: 154.22mg (51.41%), Sodium: 2837.74mg (123.38%), Alcohol: 7.6g (100%), Alcohol %: 1.34% (100%), Protein: 51.2g (102.4%), Selenium: 62.35µg (89.08%), Vitamin D: 9.89µg (65.96%), Vitamin B3: 12.91mg (64.57%), Vitamin B12: 3.81µg (63.49%), Vitamin B6: 1.07mg (53.39%), Vitamin C: 43.01mg (52.13%), Phosphorus: 500.85mg (50.09%), Potassium: 1254.46mg (35.84%), Vitamin K: 36.43µg (34.7%), Iron: 6.01mg (33.37%), Vitamin B1: 0.49mg (32.52%), Fiber: 7.79g (31.14%), Manganese: 0.56mg (27.85%), Copper: 0.52mg (25.87%), Zinc: 3.74mg (24.95%), Folate: 97.09µg (24.27%), Magnesium: 92.33mg (23.08%), Vitamin B2: 0.34mg (19.83%), Vitamin B5: 1.97mg (19.65%), Vitamin E: 1.99mg (13.27%), Calcium: 116.96mg (11.7%), Vitamin A: 206.04IU (4.12%)