

Fish Stew with Rouille

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-white-cream-stew-recipe>

Ingredients:

- 1 1/8 pounds whiting skinned, boned and cut into 2½cm chunks
- 18 mussels cleaned and beards removed
- 18 raw peeled prawns veins removed
- 2 tablespoons olive oil
- 4 tomatoes roughly chopped
- 1 onion finely diced
- 1 stick celery finely diced
- 2 garlic cloves peeled and chopped
- 1 tablespoon tomato purée
- 1/2 cup white wine
- 2 9/16 cups water
- 1 bouquet garni bay leaf, fennel and thyme
- 1/2 teaspoon saffron strands
- 2/3 pound potatoes peeled and cut into small cubes
- salt
- freshly ground black pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 65 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 300 milligrams
9. Sugar: 4 grams

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