



Brandade with Escabeche

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cumin seeds
- ☐ 8 servings flax seed toast points or other sourdough or sturdy bread
- ☐ 8 servings parsley fresh chopped
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 1 clove garlic
- ☐ 4 cloves garlic
- ☐ 0.3 cup heavy cream
- ☐ 4 cups milk

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil
- ☐ 1 pound potatoes cut into 1-inch cubes
- ☐ 2 small onions red
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 pound cod cut into 1-inch pieces
- ☐ 3 tablespoons vinegar red

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ stand mixer
- ☐ broiler

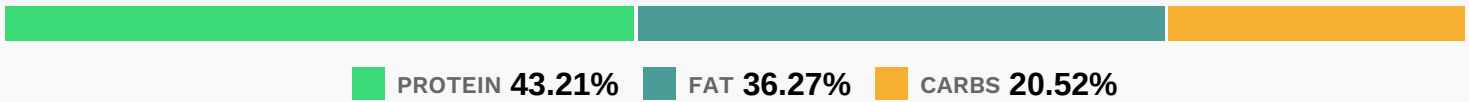
Directions

- ☐ For the escabeche: Slice the onions in thin half-moons and set aside. Brown the garlic in the oil in a skillet over high heat. Then add the cumin seeds to scent the oil.
- ☐ Add the onions and rosemary and saute at a high heat. When the onions are sauteed, but before they turn soft, add the red vinegar and remove from the heat. Season with salt and pepper.
- ☐ Add the salt cod to a pot, cover generously with cold water and bring to a boil.
- ☐ Drain the water, and then add the potatoes, milk and garlic. Bring to a boil and cook until the potatoes are soft.
- ☐ Drain the liquid and discard.
- ☐ Add the salt cod-potato mixture to the bowl of a stand mixer fitted with a whisk attachment. Slowly add the heavy cream and olive oil.

- ☐
- Whisk until the ingredients are evenly disbursed, about 3 minutes.

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Nutrition Facts



Properties

Glycemic Index:44.97, Glycemic Load:10.22, Inflammation Score:-8, Nutrition Score:30.876521981281%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 392.27kcal (19.61%), Fat: 15.59g (23.99%), Saturated Fat: 5.29g (33.05%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 17.6g (6.4%), Sugar: 7.78g (8.64%), Cholesterol: 109.23mg (36.41%), Sodium: 4042.8mg (175.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.79g (83.58%), Selenium: 87.35µg (124.78%), Vitamin B12: 6.34µg (105.68%), Phosphorus: 720.99mg (72.1%), Vitamin K: 72.1µg (68.66%), Vitamin B6: 0.8mg (40.06%), Potassium: 1345.16mg (38.43%), Magnesium: 114.83mg (28.71%), Calcium: 275.89mg (27.59%), Vitamin B3: 5.14mg (25.68%), Vitamin C: 21.19mg (25.68%), Vitamin D: 3.73µg (24.86%), Vitamin B2: 0.35mg (20.79%), Vitamin B1: 0.31mg (20.44%), Vitamin E: 2.81mg (18.74%), Vitamin B5: 1.66mg (16.64%), Iron: 2.65mg (14.7%), Vitamin A: 732.79IU (14.66%), Manganese: 0.25mg (12.55%), Zinc: 1.76mg (11.76%), Copper: 0.2mg (10.18%), Folate: 35.87µg (8.97%), Fiber: 2.24g (8.96%)