



Chilled Tomato Consommé



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 8 large egg whites chilled
- ☐ 1.5 lb fennel bulb (sometimes called anise; 1 large bulb or 2 small)
- ☐ 2 tablespoons basil fresh coarsely chopped
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 1 tablespoon tarragon fresh coarsely chopped
- ☐ 2 garlic cloves coarsely chopped
- ☐ 0.5 cup ice cubes crushed

- ☐ 2 tablespoons olive oil
- ☐ 2 medium onions coarsely chopped
- ☐ 10 oz pear tomatoes mixed red yellow halved lengthwise
- ☐ 1.5 teaspoons sea salt fine
- ☐ 1.5 teaspoons sherry vinegar
- ☐ 5 lb tomatoes quartered (preferably plum)

Equipment

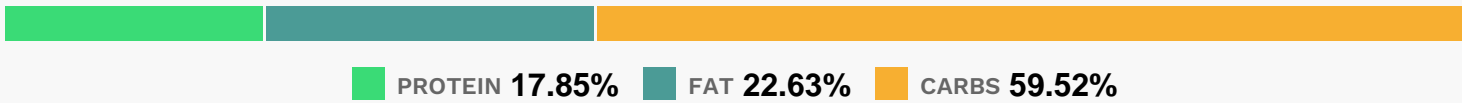
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Cut fronds from fennel stalks and reserve.
- ☐ Cut whole fennel (with stalks) in half lengthwise and core. Separate layers, reserving 3 or 4 tender inner pieces, and coarsely chop remaining fennel, including stalks.
- ☐ Cook onions, garlic, and chopped fennel in oil in a 5- to 6-quart heavy pot over moderate heat, stirring frequently, until softened, 10 to 12 minutes. Stir in puréed tomato, 1 teaspoon sea salt, and 1/2 teaspoon pepper and simmer, uncovered, stirring occasionally, 20 minutes.
- ☐ Pour tomato mixture through a fine-mesh sieve into a 4-quart saucepan, pressing hard on solids and then discarding them, and bring tomato broth to a full boil.
- ☐ Whisk together egg whites, herbs, ice, remaining 1/2 teaspoon sea salt, and remaining 1/2 teaspoon pepper in a bowl until frothy, then quickly pour into boiling broth, whisking vigorously 2 or 3 times. (Egg mixture will rise to surface and form a "raft.") When broth returns to a simmer, find a place where bubbles break through raft and gently enlarge hole to the size of a ladle. Cook broth at a bare simmer, uncovered, without stirring (keep raft opening clear by gently spooning out any froth), until broth is clear, 15 to 20 minutes.

- ☐
- Remove saucepan from heat and, disturbing raft as little as possible, carefully ladle out consommé through opening in raft, tilting saucepan as necessary, and transfer to cleaned fine-mesh sieve lined with a double layer of dampened paper towels set over a bowl or large glass measure. Discard raft. Chill consommé, uncovered, until cold, about 1 1/2 hours.
- ☐
- Just before serving, season consommé with salt. Slice reserved tender fennel into thin slivers and toss with fennel fronds, pear tomatoes, and vinegar. Divide consommé and tomato salad among chilled bowls.
- ☐
- Consommé (without tomato salad) can be made 3 days ahead and cooled, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:27.443478073763%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg, Isorhamnetin: 1.98mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 215.98kcal (10.8%), Fat: 5.95g (9.16%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 24.8g (9.02%), Sugar: 20.91g (23.23%), Cholesterol: 0mg (0%), Sodium: 737.78mg (32.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Vitamin K: 150.44µg (143.28%), Vitamin C: 74.48mg (90.28%), Vitamin A: 3609.87IU (72.2%), Potassium: 1605.52mg (45.87%), Manganese: 0.89mg (44.41%), Fiber: 10.42g (41.7%), Folate: 106.89µg (26.72%), Vitamin E: 3.46mg (23.09%), Vitamin B6: 0.46mg (23.02%), Vitamin B2: 0.34mg (20.22%), Magnesium: 79.48mg (19.87%), Copper: 0.39mg (19.32%), Phosphorus: 177.95mg (17.8%), Vitamin B3: 3.29mg (16.45%), Iron: 2.68mg (14.91%), Selenium: 10.04µg (14.34%), Calcium: 131.41mg (13.14%),

Vitamin B1: 0.18mg (12.21%), Vitamin B5: 0.77mg (7.73%), Zinc: 1.09mg (7.26%)