



Cook the Book: Gazpacho Risotto with Garlic Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



700 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.8 cups arborio rice
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 large cucumber peeled cut into 2-inch chunks
- ☐ 0.5 cup sherry dry
- ☐ 2 garlic clove minced
- ☐ 6 jalapeno seeded finely chopped
- ☐ 4 servings kosher salt

- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup parsley chopped
- ☐ 12 plum tomatoes halved
- ☐ 3 tablespoons onion red minced finely chopped (or)
- ☐ 1 tablespoon sherry vinegar
- ☐ 1 pound shrimp shelled deveined
- ☐ 1.5 cups sacramento tomato juice
- ☐ 2 tablespoons butter unsalted
- ☐ 3 bell pepper yellow

Equipment

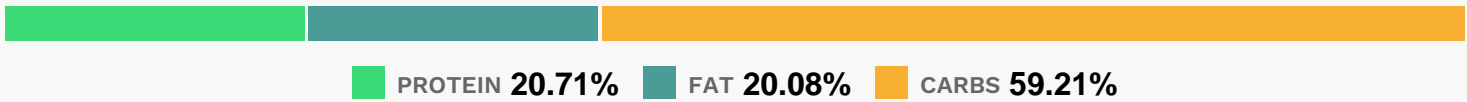
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife

Directions

- ☐ The night or morning before serving this risotto, preheat the oven to 200F.
- ☐ Place the halved tomatoes, seed-pockets up, on a baking sheet.
- ☐ Drizzle the tomatoes with olive oil and sprinkle with salt. Roast in the oven for 8 hours, until the tomatoes are concentrated and meaty but not dry. If not using right away, place in a sealed plastic container and refrigerate until needed.
- ☐ An hour before serving, toss the shrimp, garlic, a light sprinkling of salt, and a drizzle of olive oil in a medium bowl. Cover and refrigerate.
- ☐ Place the yellow peppers directly on a burner and char over a gas flame, turning as necessary to blacken evenly on all sides. Alternatively, place the peppers on a baking sheet and broil, turning as necessary, until the skins blacken on all sides.

- ☐ Place the peppers in a bowl and cover with a towel to allow them to steam for at least 15 minutes. Using your fingers or a paring knife, peel and seed the peppers, cut into 1/4-inch dice, and reserve.
- ☐ Chop each roasted tomato half into 6 pieces.
- ☐ Combine them with the yellow peppers in a medium bowl and toss with the sherry wine vinegar.
- ☐ Heat 1 tablespoon of the extra virgin olive oil in a small skillet over medium-high heat. When the pan is quite hot but not smoking, sauté the jalapeños, stirring constantly, until softened, about 3 minutes. In a 3-quart saucepan over medium-high heat, heat the remaining tablespoon of olive oil.
- ☐ Add the shallots, 1 teaspoon salt, and the black pepper and sauté 2 minutes, until the shallots are soft.
- ☐ Add the rice and stir about 2 minutes, until all the kernels are coated with oil.
- ☐ Lower the heat to medium and add the sherry. Stir until the sherry is absorbed. Begin adding the cucumber-tomato juice, 1/2 cup at a time, stirring constantly. Allow each addition of juice to be absorbed before adding more. Continue until the risotto is creamy and the rice grains are al dente, 25 to 30 minutes.
- ☐ Stir in the jalapeño, tomato-yellow pepper mixture, butter, and half of the parsley. Season to taste with salt and black pepper and cover the saucepan.
- ☐ Heat a medium skillet over medium-high heat. When very hot but not smoking, add the shrimp and saute, stirring, just until pink and cooked through, about 3 minutes.
- ☐ Serve the risotto in warm shallow bowls, topped with equal portions of the seared shrimp and the remaining parsley.

Nutrition Facts



Properties

Glycemic Index:83.58, Glycemic Load:59.71, Inflammation Score:-10, Nutrition Score:44.975652296258%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 1.38mg,

Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 700.12kcal (35.01%), Fat: 15.34g (23.59%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 101.73g (33.91%), Net Carbohydrates: 91.07g (33.12%), Sugar: 17.39g (19.32%), Cholesterol: 197.62mg (65.87%), Sodium: 367.01mg (15.96%), Alcohol: 3.09g (100%), Alcohol %: 0.32% (100%), Protein: 35.58g (71.15%), Vitamin C: 254.79mg (308.83%), Vitamin K: 127.48µg (121.41%), Manganese: 1.84mg (92.03%), Folate: 363.22µg (90.8%), Copper: 1.31mg (65.59%), Vitamin A: 3258.98IU (65.18%), Potassium: 2081.38mg (59.47%), Vitamin B1: 0.82mg (54.97%), Phosphorus: 545.44mg (54.54%), Vitamin B6: 0.97mg (48.47%), Magnesium: 177.76mg (44.44%), Fiber: 10.66g (42.63%), Iron: 7.3mg (40.56%), Vitamin B3: 6.69mg (33.46%), Vitamin B5: 3.13mg (31.35%), Zinc: 4.18mg (27.89%), Vitamin E: 3.42mg (22.78%), Selenium: 14.76µg (21.08%), Calcium: 208.34mg (20.83%), Vitamin B2: 0.3mg (17.47%)