



## Costa Rican Guaro Sour and my Journey to the Jungle

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



2

CALORIES



2891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 kaffir leaf
- ☐ 1 tablespoon canola oil
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoon chives minced
- ☐ 1 leaves cilantro as garnish to taste
- ☐ 1 cup coconut milk
- ☐ 0.5 cup coriander seeds

- ☐ 1 cup cooking wine dry white
- ☐ 1 fennel bulb
- ☐ 1 clove garlic minced peeled
- ☐ 1 teaspoon curry paste green
- ☐ 2 servings ground cuban coffee as needed finely
- ☐ 1 cup heavy cream
- ☐ 0.5 cup honey
- ☐ 1 pinch eash kosher salt and freshly cracked pepper
- ☐ 2 pinch kosher salt
- ☐ 2 pound live mussels fresh
- ☐ 2 servings oil for frying
- ☐ 2 servings olive oil as need for frying
- ☐ 1 ounce parmesan grated
- ☐ 2 pinch cracked pepper black
- ☐ 2 servings freshly cracked pepper black as needed
- ☐ 4 cup warm rice cooked
- ☐ 2 pound russet potatoes
- ☐ 1.5 pound alaskan keta salmon fillet wild with skin
- ☐ 2 servings salt as needed
- ☐ 0.3 cup sugar
- ☐ 0.5 cup vermouth white
- ☐ 1.7 cup water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan

- ☐ whisk
- ☐ pot
- ☐ plastic wrap
- ☐ stove
- ☐ mortar and pestle
- ☐ measuring cup
- ☐ dutch oven
- ☐ colander
- ☐ deep fryer

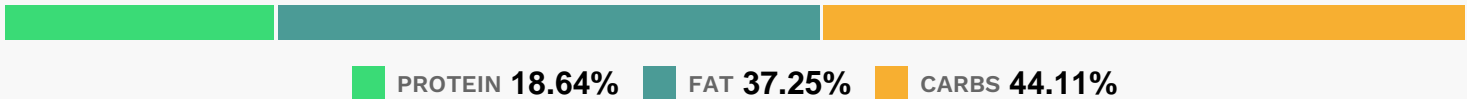
## Directions

- ☐ Prep the potatoes: Scrub the potatoes, peel them if you like (I don't), then slice them lengthwise into slabs, 3/8 inch thick.
- ☐ Cut the slabs lengthwise into 3/8-inch batons.
- ☐ Pour the white vermouth into a deep, 4-quart, nonreactive saucepan over high heat and boil until the liquid is almost completely evaporated; add the cream and boil the liquid again until it is reduced by half. Stir if necessary to prevent it from boiling over. Meanwhile, split the fennel bulb in half lengthwise, remove the core, trim off the leafy end and reserve for another use. Slice the bulb into 1/4-inch slices.
- ☐ Add the sliced fennel and garlic to the reduced cream, bring it back to a boil; turn off the heat and set aside. Give the potatoes their first fry: Preheat the oil in a deep fryer (or tall, deep sided stock pot) to 325 degrees. Line a sheet pan with paper towels to absorb the oil from the cooked potatoes.
- ☐ Pour the potatoes from their water filled bowl into a colander then pat them completely dry with paper towels. Fry the potatoes in several batches to avoid crowding the oil, stirring them to distribute evenly in the oil until they just begin to turn golden, about 4 to 5 minutes. Move the par-cooked potatoes to the paper towel lined sheet pan and let them come to room temperature, at least 10 minutes and up to an hour before serving time. Raise the temperature of the oil to 375 degrees. Cook the mussels: Bring the cream sauce back to a boil over medium high heat; add the mussels, cover the pan and cook, shaking the pan once or twice until they begin to open; about 2 minutes.
- ☐ Remove the lid and shake the pan again.

- ☐ Pour in the wine, shake and cook for another 2 minutes or so until the wine reduces some. Cover the pan, remove from heat and set aside. Give the potatoes their second fry: Working with about half the potatoes at a time, fry in the 375 degree oil until golden brown and crisp, about 4 minutes.
- ☐ Drain them on a paper-towel lined baking sheet; toss with kosher salt.
- ☐ Pour the mussels and all the broth into a large bowl; garnish with chives.
- ☐ Serve in individual bowls with the frites on the side. Like this: Like Loading...
- ☐ Prepare a 6-serving stove-top espresso maker according to manufacturer's directions and brew a pot of strong Cuban coffee or espresso.
- ☐ Put the sugar in a large glass measuring cup and add 1 or 2 tablespoons of the hot coffee or espresso. Using a small whisk, beat the sugar with the coffee or espresso until pale and thick and nearly dissolved, about 1 minute. Stir in the remaining hot coffee or espresso.
- ☐ Let the foam rise to the top, then pour into espresso style cups and serve immediately. Like this: Like Loading...
- ☐ Prepare the duck breasts: Trim off some excess fat and skin from the duck breasts to neaten the appearance, but leave enough fat to cover one side of the meat for flavor. Score the skin in a crisscross pattern and season both sides.
- ☐ Let rest at room temperature for 1 hour. Prepare the Honey Coriander Sauce: Dry-fry the coriander seeds in a non-stick frying pan over medium-high heat until they give off a spicy aroma and are dark in color (but not burnt), about 3 to 5 minutes.
- ☐ Place into a mortar and crush with a pestle.
- ☐ Put the honey and soy sauce in a large saucepan and slowly bring to a boil, while stirring.
- ☐ Add the stock and crushed coriander seeds and simmer until reduced by half, about 10 minutes.
- ☐ Place the breast, skin-side down, in a cool frying pan set over medium-low heat. Cook for 10 minutes, pressing the duck frequently to keep it as flat as possible.
- ☐ Remove all the fat from the pan, turn the duck over and cook for a further 7 minutes or until done to your liking.
- ☐ Let the duck rest on a rack near the stove for 5 to 10 minutes.
- ☐ Serve: Slice the duck and arrange with the Polenta Cakes, if using.
- ☐ Drizzle the sauce on the plate and garnish with cilantro. Like this: Like Loading...
- ☐ In a pot over medium heat, bring the water, seasoning and butter to a boil.

- ☐ Whisk in the polenta. Reduce the temperature to medium-low and cook until the mixture leaves the side of the pan, about 5 minutes, whisking constantly. Once cooked, mix in the Parmesan. Turn the polenta out onto a sheet of plastic wrap and let it sit until just cool enough to handle. Then roll it into a tight log and twist the ends. Allow to cool completely and refrigerate until set, about 1 hour.Unwrap the chilled polenta roll and cut into ½ inch thick slices. In a non-stick or cast iron skillet, heat the oil over medium-high heat. Pan-fry the cakes until golden brown on both sides, turning once, about 3 minutes on each side. The polenta cakes should be firm and crisp on the outside but moist and hot on the inside.
- ☐ Remove from the skillet and drain on paper towels.
- ☐ Serve immediately.Like this:Like Loading...
- ☐ Rinse the fish fillet and pat dry. with paper towels.
- ☐ Cut it into 2-inch chunks.
- ☐ Heat the oil in a Dutch oven with a lid set over medium-high heat until it shimmers and is nearly smoking.
- ☐ Add the fish skin side down to the pot and cook, until the skin is very crisp and releases itself from the pot. Don't be tempted to move the fish until it releases itself. Lower the heat to medium, turn the fish and cook another 2 or 3 minutes. It need not be cooked all the way through at this point. Move the fish to a paper towel lined plate to drain, skin side up. While the pan is still warm carefully wipe the excess oil from the the pot using a large enough wad of paper towels to protect your hands from burning.
- ☐ Put the drained fish back in the pan, skin side up.
- ☐ Add garlic, chopped tomato, curry paste, coconut milk, kaffir leaf, salt and pepper. Cover and simmer 20 minutes.
- ☐ Serve with rice.Like this:Like Loading...

## Nutrition Facts



## Properties

Glycemic Index:360.56, Glycemic Load:224.33, Inflammation Score:-10, Nutrition Score:82.546521642934%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg,

Epicatechin: 0.66mg Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg, Eriodictyol: 1.26mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 2891.46kcal (144.57%), Fat: 116.85g (179.78%), Saturated Fat: 57.64g (360.22%), Carbohydrates: 311.43g (103.81%), Net Carbohydrates: 291.82g (106.12%), Sugar: 108.99g (121.1%), Cholesterol: 399.59mg (133.2%), Sodium: 1622.63mg (70.55%), Alcohol: 18.06g (100%), Alcohol %: 0.96% (100%), Protein: 131.56g (263.11%), Vitamin B12: 38.94µg (648.98%), Manganese: 11.88mg (593.83%), Selenium: 269.98µg (385.69%), Vitamin B6: 5.08mg (253.84%), Vitamin B3: 40.58mg (202.88%), Phosphorus: 1999.68mg (199.97%), Potassium: 5798.04mg (165.66%), Vitamin B2: 2.5mg (147%), Iron: 25.62mg (142.36%), Magnesium: 494.63mg (123.66%), Copper: 2.44mg (122.09%), Vitamin B1: 1.74mg (116.11%), Vitamin B5: 10.36mg (103.63%), Vitamin K: 103.61µg (98.67%), Vitamin C: 67.69mg (82.05%), Folate: 320.88µg (80.22%), Zinc: 11.79mg (78.58%), Fiber: 19.61g (78.46%), Calcium: 693.82mg (69.38%), Vitamin A: 3093.53IU (61.87%), Vitamin E: 5.43mg (36.17%), Vitamin D: 1.97µg (13.17%)