



Crabmeat and Spinach Flan with Smoked Tomato Buerre Blanc

READY IN



135 min.

SERVINGS



8

CALORIES



570 kcal

Ingredients

- 1 tablespoon butter
- 8 servings cayenne pepper
- 8 servings celery salt
- 1 tablespoon chives finely chopped
- 4 ounces cider vinegar
- 8 servings ghee
- 1 tablespoon dijon mustard
- 2 eggs
- 4 eggs

- 1 tablespoon flour all-purpose
- 0.3 cup heavy cream
- 0.5 cup heavy cream
- 1 cup heavy cream
- 2 ounces juice of lemon fresh
- 0.5 pound lump crab meat
- 0.5 cup milk
- 1 pinch nutmeg freshly grated
- 8 servings salt
- 4 shallots sliced
- 2 quarts pkt spinach fresh
- 3 tomatoes smoked pureed
- 8 ounces butter unsalted cubed
- 1 pinch pepper white freshly ground

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- whisk
- blender
- baking pan
- wooden spoon
- aluminum foil
- stove

Directions

- In a stainless steel bowl, whisk together the eggs, cream, and mustard. Season with the celery salt, cayenne pepper, and salt, to taste. The egg mixture can be stored in the refrigerator for up to 2 days. Preheat the oven to 350 degrees F. Pick through the crabmeat carefully to be sure that all the shell and cartilage are removed. Put 2 quarts of water on to boil.
- Brush 8 (5-ounce) timbale molds with clarified butter.
- Cut out 8 round disks of waxed paper and place 1 in the bottom of each mold.
- Brush the paper with butter. Divide the crabmeat among the 8 molds.
- Pour 2 tablespoons of the custard over the crabmeat in each mold. Carefully fill the molds with the Spinach Mousse.
- Place the filled molds in a 12 by 12 by 2-inch baking dish. Fill the dish halfway with boiling water and gently place on the lower rack of the oven.
- Bake for 50 to 60 minutes, or until the mousse is firm to the touch. If the tops of the timbales begin to brown, cover with aluminum foil. Carefully remove the dish from the oven and let the timbales set a bit. The timbales can be kept in a warm water bath on top of the stove for several hours.
- Drizzle with Smoked Tomato Beurre Blanc before serving.
- In a 2-quart heavy bottomed saucepan over medium heat, melt the butter.
- Add the flour, and stir with a wooden spoon for 3 to 4 minutes or until the flour turns a light golden brown.
- Remove from heat. In a 1-quart heavy bottomed saucepan, scald the milk and cream.
- Remove from the heat and add to the flour mixture, whisking to incorporate.
- Place over medium heat and cook, stirring frequently, until mixture is very thick.
- Remove from heat. Blanch spinach in rapidly boiling water for 30 seconds.
- Drain, pressing out any excess liquid.
- Add to the thickened cream mixture. Puree the spinach sauce in a blender or food processor until smooth.
- Add the eggs and blend lightly to just incorporate. Season with nutmeg, white pepper, and salt. Use as directed above.
- For sauce, heat shallots and cider vinegar in a medium skillet. Reduce until almost no liquid remains.
- Add cream and pureed tomatoes, bring to a boil, and reduce by 1/

Reduce heat slightly, and whisking constantly, add butter, piece by piece; the sauce should not be too hot while you are incorporating the butter. When all of the butter has been added, remove from heat and add chives, lemon juice, and salt, to taste. Keep warm until ready to use.

Nutrition Facts

PROTEIN 13.15% **FAT 75.01%** **CARBS 11.84%**

Properties

Glycemic Index:60.25, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:46.65652158986%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 15.17mg, Kaempferol: 15.17mg, Kaempferol: 15.17mg, Kaempferol: 15.17mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg, Quercetin: 9.7mg

Nutrients (% of daily need)

Calories: 569.75kcal (28.49%), Fat: 49.51g (76.17%), Saturated Fat: 29.67g (185.43%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 10.72g (3.9%), Sugar: 6.1g (6.78%), Cholesterol: 262.6mg (87.53%), Sodium: 918.45mg (39.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.06%), Vitamin K: 1152.82µg (1097.92%), Vitamin A: 25147.22IU (502.94%), Folate: 506.99µg (126.75%), Manganese: 2.33mg (116.51%), Vitamin C: 80.6mg (97.7%), Magnesium: 224.23mg (56.06%), Vitamin B12: 3.06µg (51.03%), Potassium: 1717.55mg (49.07%), Vitamin E: 7.2mg (48.02%), Vitamin B2: 0.78mg (45.67%), Iron: 7.77mg (43.16%), Selenium: 26.28µg (37.54%), Vitamin B6: 0.72mg (36.16%), Calcium: 341.9mg (34.19%), Copper: 0.66mg (32.81%), Phosphorus: 325.87mg (32.59%), Fiber: 6.87g (27.49%), Zinc: 3.79mg (25.29%), Vitamin B1: 0.27mg (18.32%), Vitamin D: 2.09µg (13.91%), Vitamin B3: 2.66mg (13.3%), Vitamin B5: 1.08mg (10.79%)