



Cream of Celery Root with Shrimp Butter

READY IN



45 min.

SERVINGS



10

CALORIES



323 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces plus 1 tablespoon butter unsalted
- ☐ 2.5 pounds celery root--quartered peeled cut into 2-inch chunks
- ☐ 6 cups chicken stock see low-sodium canned
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup granny smith diced green finely
- ☐ 0.5 cup heavy cream
- ☐ 3 large leeks white green halved lengthwise thinly sliced
- ☐ 10 servings pepper freshly ground
- ☐ 10 servings salt

- ☐ 1 tablespoon shallots minced
- ☐ 0.5 pound shrimp shelled deveined halved lengthwise
- ☐ 2 thyme sprigs minced
- ☐ 0.5 pound yukon gold potatoes peeled cut into 2-inch chunks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ sieve
- ☐ blender

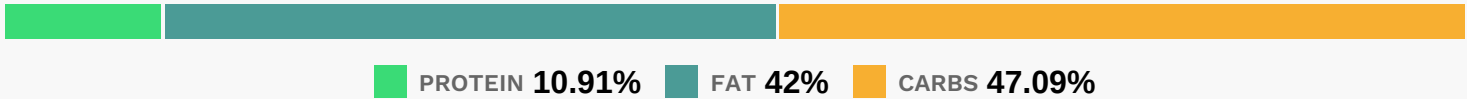
Directions

- ☐ Melt 3 tablespoons of the butter in a large enameled cast-iron casserole.
- ☐ Add the leeks and thyme sprigs and cook over low heat until softened, about 8 minutes.
- ☐ Add the wine and simmer over moderately high heat for 2 minutes.
- ☐ Add the chicken stock, celery root, potatoes and a large pinch of salt and bring to a boil. Cover and simmer over low heat until the celery root and potatoes are tender, about 45 minutes.
- ☐ Working in batches, puree the soup in a blender until very smooth. Return the soup to the casserole and stir in 1/4 cup of the heavy cream.
- ☐ In a medium skillet, melt the remaining 6 tablespoons of butter.
- ☐ Add the shallots and the reserved shrimp shells and cook over low heat, stirring, for 8 minutes. Strain through a coarse strainer, pressing on the shells to extract as much butter as possible; you should have about 2 tablespoons. Keep warm.
- ☐ In a small saucepan, bring the remaining 1/4 cup of heavy cream to a simmer.
- ☐ Add the shrimp and a pinch of salt and cook over low heat, stirring, until just cooked through, about 1 minute.
- ☐ Remove from the heat.

- ☐
- Reheat the soup and season with salt and pepper. Ladle the soup into warm shallow bowls. Spoon the shrimp and cream into the bowls.

☐☐

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:13.93, Inflammation Score:-7, Nutrition Score:15.039130501125%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 322.58kcal (16.13%), Fat: 15.14g (23.29%), Saturated Fat: 8.99g (56.2%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 34.28g (12.47%), Sugar: 4.7g (5.22%), Cholesterol: 37.83mg (12.61%), Sodium: 434.65mg (18.9%), Alcohol: 1.24g (100%), Alcohol %: 0.43% (100%), Protein: 8.85g (17.69%), Vitamin K: 60.96µg (58.06%), Manganese: 0.59mg (29.26%), Phosphorus: 251.12mg (25.11%), Selenium: 15.96µg (22.8%), Vitamin C: 17.36mg (21.04%), Potassium: 687.9mg (19.65%), Vitamin B6: 0.38mg (18.94%), Vitamin A: 915.63IU (18.31%), Vitamin B3: 3.5mg (17.5%), Fiber: 3.91g (15.63%), Copper: 0.28mg (13.99%), Magnesium: 51.93mg (12.98%), Iron: 2.23mg (12.4%), Vitamin B2: 0.17mg (9.97%), Calcium: 91.25mg (9.12%), Folate: 35.35µg (8.84%), Vitamin B1: 0.12mg (7.74%), Vitamin E: 1.06mg (7.07%), Zinc: 1mg (6.65%), Vitamin B5: 0.66mg (6.57%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.19µg (1.27%)