



Fish Consomme with Shrimp Dumplings and Edamame

 Gluten Free  Dairy Free

READY IN



125 min.

SERVINGS



8

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large stalks celery minced scrubbed well
- ☐ 1 pound edamame immature soybeans in their pods
- ☐ 3 egg whites
- ☐ 8 egg whites
- ☐ 0.8 pound fish scraps and shrimp shells lean
- ☐ 2 quarts fish stock chilled
- ☐ 1 ounce ginger root fresh with the tip of a spoon and minced

- ☐ 1 juice of lemon juiced
- ☐ 1 large leek minced
- ☐ 0.5 cup lemon grass packed minced
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 3 scallions white green sliced
- ☐ 1 pound shrimp black deveined 31-40
- ☐ 1 large onion white minced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ pastry bag

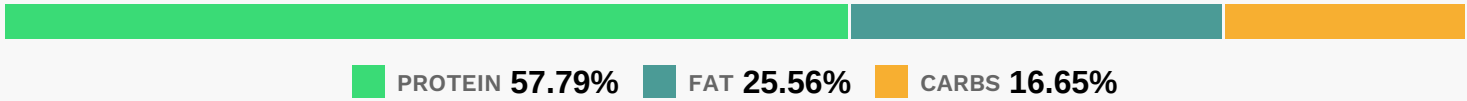
Directions

- ☐ To make the "white" mirepoix, mix the onion, lemon grass, celery, and leek and refrigerate until cold, at least 4 hours, preferably overnight. (In combination with the fish and egg whites, the mirepoix will form the clarification to make the consommé crystal clear. This combination of ingredients will form what is referred to as a raft that essentially coagulates as the consommé clarifies.)
- ☐ Mix the chilled mirepoix, ginger root, fish scraps, shrimp shells, and egg white and add to a stockpot.
- ☐ Pour in the chilled fish stock.
- ☐ Add the lemon juice. Bring to a simmer (just below a boil in classical cooking) over low heat, stirring frequently so that the clarification ingredients remain free floating. Please note that the heat must be kept at a simmer, low enough so that the raft which is forming does not break apart from the action of cooking and high enough to cook out the impurities so that they can be collected in the raft. Once the raft forms and rises to the surface, cease stirring. However, gather some broth from the edge of the pot and baste the raft to keep it from breaking apart. After 60 to 90 minutes at the correct simmer, the raft will begin to sink, at which point the consommé is finished.

- ☐
- For the edamame, add soybeans in their pods to a pot and cover with water. Boil until tender, about 10 minutes.

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Nutrition Facts



Properties

Glycemic Index:19.23, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:19.262173808139%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 264.81kcal (13.24%), Fat: 7.69g (11.83%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 7.16g (2.6%), Sugar: 3.4g (3.77%), Cholesterol: 112.55mg (37.52%), Sodium: 1055.15mg (45.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.24%), Selenium: 32.04µg (45.78%), Phosphorus: 425.1mg (42.51%), Manganese: 0.79mg (39.4%), Copper: 0.65mg (32.53%), Potassium: 956.78mg (27.34%), Vitamin B2: 0.46mg (27.2%), Vitamin B3: 5.33mg (26.63%), Iron: 4.48mg (24.88%), Magnesium: 95.32mg (23.83%), Vitamin K: 24.44µg (23.28%), Calcium: 187.82mg (18.78%), Folate: 66.28µg (16.57%), Fiber: 4.11g (16.42%), Vitamin B12: 0.95µg (15.76%), Vitamin B6: 0.27mg (13.55%), Zinc: 1.97mg (13.15%), Vitamin D: 1.32µg (8.79%), Vitamin B1: 0.12mg (8.32%), Vitamin C: 5.24mg (6.36%), Vitamin E: 0.79mg (5.3%), Vitamin B5: 0.45mg (4.54%), Vitamin A: 105.73IU (2.11%)