



WHATSheATE



Full English tasting plate

READY IN



70 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 6 pancetta thin
- ☐ 25 g butter for frying
- ☐ 3 slices sandwich bread diced white
- ☐ 200 g crimini mushrooms wild whole sliced
- ☐ 6 egg yolk (keep them separate)
- ☐ 1 kg vine ripened tomato
- ☐ 1 tbsp olive oil
- ☐ 3 shallots chopped
- ☐ 2 garlic clove crushed

- ☐ 2 thyme sprigs
- ☐ 2 bay leaves
- ☐ 1 tbsp tomato purée

Equipment

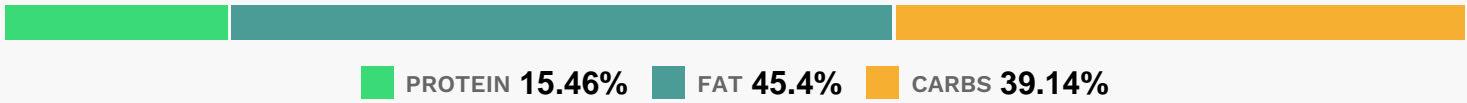
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Lay the pancetta on a baking sheet and stack another baking sheet on top. Cook in the oven for 15 mins until crisp, then remove and drain on kitchen paper.
- ☐ To make the tomato fondue, put the tomatoes in boiling water, in batches, for 8 seconds, then quickly transfer to a bowl of ice-cold water. Peel off the skins, then quarter and deseed.
- ☐ Cut a couple of the tomatoes into 0.5cm squares and reserve for later.
- ☐ Put the oil in a medium-sized pan.
- ☐ Add the shallots, garlic and thyme, and cook for 5 mins until soft.
- ☐ Add the bay leaves and tomato pure, and cook for a few mins more. Finally, add the tomatoes and cook everything for 15 mins until slightly dry. Discard the bay leaves, then place the tomato mixture into a blender and blend until smooth. Sieve, season and keep warm. You can make and chill this up to two days ahead.
- ☐ Add the butter to a frying pan and heat until foaming. Fry the bread until golden all over, remove and drain on kitchen paper.
- ☐ Add the mushrooms to the same pan and fry for 2 mins until softened, adding an extra knob of butter if the pan is too dry.
- ☐ Carefully place the egg yolks, one at a time, into a pan of simmering water. Cook for 1 min, then very carefully lift out and drain on kitchen paper.

To plate up, spoon the tomato fondue onto each of 6 plates and scatter with the mushrooms. Carefully top each with an egg yolk, then sprinkle with the croutons and reserved tomatoes. Finish with a slice of pancetta and season.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:6.71, Inflammation Score:-9, Nutrition Score:15.156956444616%

Flavonoids

Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 171.76kcal (8.59%), Fat: 9.02g (13.88%), Saturated Fat: 2.76g (17.26%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 14.49g (5.27%), Sugar: 6.85g (7.61%), Cholesterol: 196.85mg (65.62%), Sodium: 93.08mg (4.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin A: 1701.3IU (34.03%), Selenium: 22.17µg (31.67%), Vitamin C: 24.98mg (30.28%), Folate: 78.3µg (19.57%), Manganese: 0.39mg (19.38%), Vitamin B2: 0.33mg (19.33%), Potassium: 640.45mg (18.3%), Phosphorus: 176.45mg (17.65%), Copper: 0.32mg (15.92%), Vitamin B6: 0.31mg (15.39%), Vitamin B3: 2.97mg (14.87%), Vitamin K: 14.99µg (14.27%), Vitamin B1: 0.2mg (13.43%), Vitamin B5: 1.32mg (13.15%), Vitamin E: 1.81mg (12.09%), Fiber: 3.01g (12.06%), Iron: 1.8mg (9.99%), Zinc: 1.26mg (8.43%), Calcium: 81.08mg (8.11%), Magnesium: 29.81mg (7.45%), Vitamin D: 1.01µg (6.73%), Vitamin B12: 0.39µg (6.51%)