



Grape Gelee with Lemon, Basil and Crystallized Ginger Whipped Cream

 Gluten Free

READY IN



260 min.

SERVINGS



6

CALORIES



581 kcal

SIDE DISH

Ingredients

- ☐ 6 servings basil buds for garnish
- ☐ 0.5 cup julienne crystallized ginger plus more for garnish
- ☐ 1 handful basil leaves fresh
- ☐ 2 sachets powdered gelatin
- ☐ 1 inch ginger finely sliced into coins
- ☐ 2 cups california grapes red seedless
- ☐ 2 pounds california grapes red seedless

- ☐ 0.5 pint heavy whipping cream
- ☐ 2 juice of lemon juiced
- ☐ 2 slices optional: lemon seeds removed
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups sugar
- ☐ 0.1 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ potato masher
- ☐ measuring cup

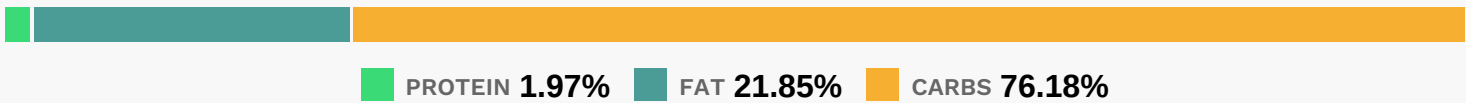
Directions

- ☐ Put the grapes, lemon juice, sugar and water in a medium-sized pot and set over medium heat. Simmer for 20 minutes until grapes are tender and skins have completely discolored. Using a potato masher squash the grapes to release all of the juices. Do not puree in a blender otherwise your gelee will be cloudy and pick up parts of the skin.
- ☐ Pour the mixture through a sieve over a large measuring cup or bowl with a spout and use the back of a ladle to firmly press the pulp – this will extract as much juice and flavor as possible. This should yield about 3 cups (24 ounces) of liquid. If it is more or less add water or pour out some of the liquid, otherwise the gelatine ratio will be off. Slowly whisk in the gelatin powder,

making sure you continue to whisk until it is all fully incorporated. Divide the grape jelly mixture into 4 to 6 glasses depending on the size of your glasses. Gently agitate to remove any surface bubbles then refrigerate for 3 to 4 hours, or overnight, until set.

- ☐ To make the salad: In a small pot, over medium heat, add the sugar, cold water, sliced lemon and ginger. Bring to a simmer, then add in the basil and shut off the heat to allow the mixture to steep, 20 minutes.
- ☐ Cut the grapes in half through the middle and add to a large mixing bowl. Dress the grapes with a little of the syrup and toss to combine. Discard the basil and reserve the extra syrup.
- ☐ To make the whipped cream: Using a balloon whisk, whip the cream, sugar and vanilla until soft peaks form. Fold the ginger into the whipped cream but reserve a few pieces for garnish.
- ☐ To assemble the dish: When the gelee is set, remove it from the refrigerator and top each glass with a spoonful of the grape salad and a quenelle of the ginger whipped cream.
- ☐ Garnish with basil buds and some slivers of ginger.
- ☐ Drizzle each glass with some of the reserved lemon-ginger syrup and serve.

Nutrition Facts



Properties

Glycemic Index:80.46, Glycemic Load:63.97, Inflammation Score:-5, Nutrition Score:8.3695652536724%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 580.67kcal (29.03%), Fat: 14.83g (22.82%), Saturated Fat: 9.19g (57.42%), Carbohydrates: 116.37g (38.79%), Net Carbohydrates: 114.4g (41.6%), Sugar: 110.1g (122.34%), Cholesterol: 44.56mg (14.85%), Sodium: 21.14mg (0.92%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 3.01g (6.02%), Vitamin K: 40.37µg (38.45%), Vitamin A: 836.85IU (16.74%), Vitamin C: 12.27mg (14.87%), Copper: 0.3mg (14.79%), Vitamin B2: 0.23mg (13.72%), Potassium: 449.18mg (12.83%), Vitamin B1: 0.15mg (10.1%), Vitamin B6: 0.2mg (9.96%), Manganese: 0.18mg (8.91%), Fiber: 1.97g (7.88%), Phosphorus: 66.19mg (6.62%), Calcium: 54.35mg (5.44%), Vitamin E: 0.79mg (5.24%), Magnesium: 20.32mg (5.08%), Iron: 0.91mg (5.03%), Vitamin D: 0.63µg (4.21%), Selenium: 1.96µg (2.8%), Folate:

9.68µg (2.42%), Vitamin B5: 0.23mg (2.27%), Vitamin B3: 0.45mg (2.23%), Zinc: 0.28mg (1.86%), Vitamin B12:
0.06µg (1.05%)