



Lobster Tamarind Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brandy
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 5.3 cups chicken broth
- 0.5 cup heavy whipping cream
- 0.5 teaspoon hot sauce
- 1 head reserved lobster body
- 0.3 cup olive oil

- 1 cup onion chopped
- 0.5 teaspoon salt
- 0.3 cup tamarind paste (from Asian or gourmet market)
- 2 tablespoons tomato paste

Equipment

- food processor
- sauce pan
- pot
- sieve
- blender
- wooden spoon

Directions

- Saut lobster head, body, and tail shells in hot oil in a large pot over high heat 2 to 3 minutes.
- Add onion, carrot, and celery, and saut 3 minutes or until vegetables are tender. Stir in brandy, and cook 1 minute. Stir in tamarind paste, tomato paste, and broth. Bring to a boil, reduce heat, and simmer 45 minutes.
- Process one-third of mixture in a blender or food processor until shells are coarsely chopped.
- Pour mixture through a wire-mesh strainer into a large saucepan, pressing down with back of a wooden spoon. Discard shells. Repeat procedure twice.
- Add cream to sauce, and cook over medium-high heat until thoroughly heated. Stir in salt and hot sauce.
- NOTE: If there is any extra sauce, serve with hot pasta or other grilled seafood.

Nutrition Facts

  
 PROTEIN **5.53%**  FAT **75.61%**  CARBS **18.86%**

Properties

Glycemic Index:46.17, Glycemic Load:3.78, Inflammation Score:-9, Nutrition Score:7.952608730482%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 258.4kcal (12.92%), Fat: 20.07g (30.87%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 9.63g (3.5%), Sugar: 6.98g (7.76%), Cholesterol: 32.16mg (10.72%), Sodium: 1251.13mg (54.4%), Alcohol: 4.01g (100%), Alcohol %: 1.39% (100%), Protein: 3.3g (6.6%), Vitamin A: 2639.29IU (52.79%), Vitamin E: 2.28mg (15.17%), Vitamin B2: 0.23mg (13.78%), Vitamin K: 12.95µg (12.33%), Manganese: 0.21mg (10.4%), Potassium: 285.62mg (8.16%), Vitamin B1: 0.11mg (7.54%), Vitamin C: 5.49mg (6.65%), Fiber: 1.63g (6.53%), Vitamin B3: 1.08mg (5.39%), Phosphorus: 52.95mg (5.3%), Calcium: 48.55mg (4.86%), Copper: 0.1mg (4.8%), Magnesium: 18.33mg (4.58%), Vitamin B6: 0.09mg (4.53%), Iron: 0.75mg (4.19%), Folate: 14.75µg (3.69%), Selenium: 2.47µg (3.54%), Zinc: 0.39mg (2.6%), Vitamin D: 0.38µg (2.54%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.09µg (1.51%)