



## Mackerel & Ramson from Maaemo Restaurant in Oslo, Norway



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



1769 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 50 gram balsamic apple vinegar
- ☐ 4 cup brine-packed olives to taste (1 part sugar, 2 part vinegar, 3 part water, salt )
- ☐ 90 gram canola oil
- ☐ 100 gram cup heavy whipping cream
- ☐ 300 gram ramson greens roughly chopped (see note)
- ☐ 200 gram unrefined sunflower oil
- ☐ 150 gram garlic cloves whole peeled

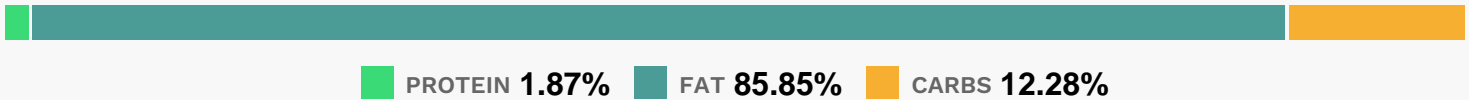
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender

# Directions

- ☐ Bring a small saucepan half-filled with water to a boil.
- ☐ Add the garlic and blanch about 1 minute. Discard water, reserving the garlic. Then refill the saucepan with fresh water and repeat blanching one more time. Empty saucepan and reserve garlic.
- ☐ Add the cream to the saucepan along with the blanched garlic. Simmer the garlic in the cream until it becomes quite soft. Using a blender purée the mixture to a completely smooth texture. Push it through a fine-meshed strainer back into the small saucepan and set aside.In a clean blender purée the fresh ramson greens with the both the sunflower oil and canola oil, then strain it into another small bowl; pressing the solids with the back of a spoon to extract as much of the oil as possible. Set aside.
- ☐ Pour half of the reserved ramson oil into a small, clean saucepan.
- ☐ Add the apple balsamic vinegar, whisk to emulsify.
- ☐ Add the remaining ramson oil to the saucepan with the garlic purée, mix until well incorporated.Pickle the mackerel in the cool brine for 11 minutes.Gently heat the ramson vinaigrette sauce and the garlic ramson purée separately, stirring each the whole time, to just about body temperature.
- ☐ Serve a dollop of the purée next to a room temperature mackerel filet.
- ☐ Garnish with the wild flowers and then spoon the ramson vinaigrette sauce onto the plate while tableside. Enjoy!

# Nutrition Facts



## Properties

Glycemic Index:65, Glycemic Load:9.21, Inflammation Score:-10, Nutrition Score:24.779565163281%

## Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

## Nutrients (% of daily need)

Calories: 1768.85kcal (88.44%), Fat: 163.43g (251.42%), Saturated Fat: 24.74g (154.61%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 47.67g (17.34%), Sugar: 11.21g (12.45%), Cholesterol: 56.5mg (18.83%), Sodium: 42.2mg (1.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Vitamin E: 49.47mg (329.83%), Manganese: 1.57mg (78.39%), Vitamin A: 3291.75IU (65.83%), Vitamin C: 41.7mg (50.55%), Vitamin B6: 0.95mg (47.38%), Vitamin K: 40.36µg (38.44%), Calcium: 296.1mg (29.61%), Iron: 4.63mg (25.71%), Selenium: 14.7µg (21%), Fiber: 4.95g (19.8%), Phosphorus: 168.9mg (16.89%), Copper: 0.27mg (13.34%), Potassium: 386.45mg (11.04%), Vitamin B1: 0.16mg (10.67%), Vitamin B2: 0.18mg (10.38%), Magnesium: 30.35mg (7.59%), Zinc: 1.06mg (7.07%), Vitamin B5: 0.57mg (5.74%), Vitamin D: 0.8µg (5.33%), Vitamin B3: 0.56mg (2.78%), Vitamin B12: 0.08µg (1.33%), Folate: 4.25µg (1.06%)