



Mindy Segal's Rhubarb and Strawberry Consommé

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces beer white such as hoegaarden
- 1 medium blood oranges
- 1.5 inch ginger fresh
- 8 gingersnaps coarsely chopped
- 0.5 cup granulated sugar as needed plus more
- 3 culinary lavender buds dried fresh
- 0.3 cup orange-flower water as needed plus more
- 5 large rhubarb washed and trimmed

- 12 ounces rhubarb
- 4 ounces optional – few of cheese – we use sheep's milk fresh
- 1 pound strawberries washed and hulled
- 0.5 vanilla pod split

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- ladle
- oven
- knife
- pot
- sieve
- peeler
- cheesecloth

Directions

- Cut 3 of the strawberries into small dice and place in a small bowl; set aside.
- Cut the remaining strawberries into 1/4-inch-thick slices and place in a medium bowl; set aside.
- Cut half of a rhubarb stalk into small dice and place in the bowl with the diced strawberries; cover and refrigerate until ready to use.
- Cut the remaining rhubarb stalks into large dice and place in a large pot. Using a vegetable peeler, remove the zest from the orange. Halve the orange and cut each half into 1/2-inch-thick slices.
- Place the zest and the orange slices in the pot with the rhubarb.
- Add the soda, beer, vanilla pod and seeds, sugar, honey, ginger, and lavender to the pot.

- Place over medium heat and bring to a boil, stirring occasionally until the sugar dissolves. Reduce the heat to medium low and simmer until the rhubarb is knife tender.
- Add the reserved sliced strawberries and continue to simmer until softened. Taste and add more sugar or honey as needed. Set a large fine-mesh strainer over a large heatproof bowl and line the strainer with a double layer of ultrafine woven cheesecloth. Working in batches if needed, ladle the mixture into the strainer, press gently on the solids, and discard the solids (also discard the cheesecloth when you're done). Refrigerate the consommé until cold. When ready to serve, heat the oven to 350°F and arrange a rack in the middle. Meanwhile, place 1/2 cup of the consommé in a small saucepan and bring to a simmer.
- Add the reserved small-dice strawberries and rhubarb and cook until just softened.
- Remove from heat and set aside. Slice the cheese into 4 rounds. Press one cut side of the cheese into the chopped gingersnaps and then place it, gingersnap-side down, on a baking sheet or in an oven-safe frying pan. Repeat with the remaining cheese rounds. Set aside any remaining gingersnaps for garnish.
- Bake the cheese until just warmed through, about 2 to 3 minutes. For each serving, place 1 piece of cheese in the center of a wide, shallow soup bowl.
- Garnish with a quarter of the diced cooked fruit.
- Pour the consommé around the cheese and sprinkle with the remaining gingersnaps.
- Serve immediately.

Nutrition Facts



■ **PROTEIN 8.83%**
■ **FAT 22.21%**
■ **CARBS 68.96%**

Properties

Glycemic Index:65.27, Glycemic Load:22.84, Inflammation Score:-7, Nutrition Score:19.213913057161%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg, Catechin: 6.92mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg, Epicatechin: 1.27mg Epicatechin 3-gallate: 1.06mg, Epicatechin 3-gallate: 1.06mg, Epicatechin 3-gallate: 1.06mg, Epicatechin 3-gallate: 1.06mg Epigallocatechin 3-gallate: 0.12mg

Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg
Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.31mg, Naringenin:
5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin:
0.06mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.1mg,
Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg,
Quercetin: 1.41mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 334.77kcal (16.74%), Fat: 8.35g (12.84%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 58.31g (19.44%),
Net Carbohydrates: 52.22g (18.99%), Sugar: 38.02g (42.25%), Cholesterol: 25.23mg (8.41%), Sodium: 410.26mg
(17.84%), Alcohol: 1.66g (100%), Alcohol %: 0.5% (100%), Protein: 7.47g (14.93%), Vitamin C: 96.23mg (116.64%),
Manganese: 0.97mg (48.68%), Vitamin K: 46.96µg (44.72%), Calcium: 313.77mg (31.38%), Fiber: 6.09g (24.37%),
Vitamin B2: 0.38mg (22.31%), Potassium: 750.21mg (21.43%), Folate: 71.55µg (17.89%), Phosphorus: 166.64mg
(16.66%), Vitamin B6: 0.27mg (13.32%), Magnesium: 51.8mg (12.95%), Selenium: 7.64µg (10.92%), Iron: 1.96mg
(10.87%), Vitamin B1: 0.16mg (10.66%), Vitamin B3: 1.95mg (9.74%), Zinc: 1.24mg (8.26%), Vitamin B12: 0.49µg
(8.13%), Copper: 0.16mg (8.1%), Vitamin A: 361.23IU (7.22%), Vitamin B5: 0.7mg (7%), Vitamin E: 0.98mg (6.55%)