



Morels with Belgian Endive

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 pounds belgian endive
- ☐ 2 tablespoons brandy
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 cup fat-skimmed beef broth
- ☐ 1.5 teaspoons tarragon leaves or dried fresh chopped
- ☐ 1.3 cups morel mushrooms dried
- ☐ 0.5 cup red wine vinegar
- ☐ 10 servings salt

- ☐ 0.5 cup shallots chopped
- ☐ 0.5 cup whipping cream

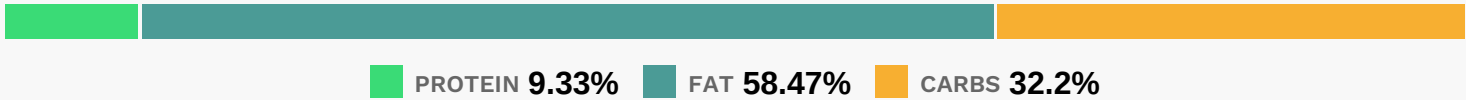
Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Rinse and drain the endive; wrap in towels, enclose in a plastic food bag, and chill.
- ☐ Meanwhile, immerse morels in 2 cups hot water.
- ☐ Let stand until cool enough to handle, 10 to 15 minutes. Holding morels in water, squeeze gently to massage grit free. Lift morels from water and squeeze dry. Carefully pour soaking liquid into another container; discard gritty residue.
- ☐ Immerse morels in a generous amount of cool water and massage gently again. Lift from water and squeeze dry; discard cool water.
- ☐ In a 10- to 12-inch frying pan, combine shallots, tarragon, vinegar, and reserved morel soaking liquid. Boil over high heat, stirring, until liquid evaporates, about 12 minutes.
- ☐ Add morels and 1/4 cup cream. Boil, stirring often, until cream evaporates and vegetables begin to brown, about 1 minute.
- ☐ Add remaining cream, beef broth, wine, and brandy and boil until liquid is reduced to about 3/4 cup, 4 to 5 minutes.
- ☐ Reserve a few endive leaves to garnish each plate; finely sliver remaining endive lengthwise. Arrange endive leaves and slivers on salad plates.
- ☐ Bring morel dressing to a boil and ladle over endive.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:3.9256522214931%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg, Malvidin: 3.15mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg, Epicatechin: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 82.13kcal (4.11%), Fat: 4.47g (6.88%), Saturated Fat: 2.76g (17.27%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.15g (1.15%), Sugar: 1.36g (1.51%), Cholesterol: 13.45mg (4.48%), Sodium: 295.3mg (12.84%), Alcohol: 2.26g (100%), Alcohol %: 2.06% (100%), Protein: 1.61g (3.21%), Fiber: 2.39g (9.56%), Manganese: 0.17mg (8.64%), Iron: 1.48mg (8.22%), Folate: 27.27µg (6.82%), Potassium: 224.99mg (6.43%), Copper: 0.1mg (5.03%), Phosphorus: 49.26mg (4.93%), Vitamin B6: 0.09mg (4.52%), Vitamin A: 204.45IU (4.09%), Vitamin D: 0.61µg (4.07%), Vitamin B2: 0.07mg (3.87%), Vitamin B1: 0.05mg (3.52%), Vitamin C: 2.82mg (3.41%), Calcium: 31.71mg (3.17%), Magnesium: 12.31mg (3.08%), Zinc: 0.36mg (2.37%), Vitamin B3: 0.46mg (2.31%), Vitamin B5: 0.21mg (2.1%), Selenium: 1.31µg (1.87%), Vitamin B12: 0.06µg (1.07%)