



## Pea Custard Salad

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound asparagus thick ends trimmed
- 6 servings pepper black freshly ground
- 8 ounces boston lettuce dried washed
- 2 tablespoons champagne vinegar
- 1 large egg yolk
- 3 large eggs
- 2 tablespoons chives fresh finely chopped
- 4.5 ounces peas fresh

- 0.8 cup cup heavy whipping cream
- 6 servings kosher salt
- 0.5 ounce parmesan cheese finely grated
- 2 tablespoons parsley fresh italian finely chopped
- 0.3 cup vegetable oil
- 9 cups water
- 0.8 cup milk whole
- 2 tablespoons coarse mustard

## Equipment

- bowl
- sauce pan
- oven
- knife
- wire rack
- sieve
- blender
- plastic wrap
- ramekin
- roasting pan
- aluminum foil
- spatula
- measuring cup
- tongs
- peeler

## Directions

- Heat the oven to 325°F and arrange a rack in the middle. Bring 8 cups of the water to a simmer in a large saucepan over high heat; keep at a simmer. Spray 6 (6-ounce) ramekins

with cooking spray or coat them with vegetable oil. Arrange them 1/2 inch apart in a large roasting pan; set aside. Bring the remaining 1 cup of water to a boil over medium-high heat in a small saucepan. Season with salt, add the peas, and return to a boil. Reduce the heat to medium and simmer until the peas are tender, about 5 minutes.

- Drain the peas and place in a blender.
- Add the remaining ingredients and blend until smooth, about 20 seconds.
- Place a fine-mesh strainer over a large measuring cup or a bowl with a spout.
- Pour in the custard, gently pushing on it with a rubber spatula to work it through the strainer.
- Remove the strainer and discard the solids. Evenly divide the custard among the ramekins. Tap each ramekin a few times to break any bubbles that appear on the surface. Being careful not to get water inside the ramekins, add enough of the simmering water to the roasting pan so that it reaches halfway up the sides of the ramekins. Cover the pan tightly with aluminum foil. Carefully transfer the pan to the oven and bake until the outer 1 inch of each custard is set (the centers will still be slightly jiggy), about 30 to 40 minutes. Using tongs, carefully transfer each ramekin to a wire rack and let cool at least 20 minutes before serving. If serving the custard chilled, let cool to room temperature, cover tightly with plastic wrap, and chill in the refrigerator for at least 1 hour and up to 1 day. For the salad: When ready to serve, place the vinegar, mustard, and egg yolk in a clean blender and blend until smooth. With the motor running, slowly drizzle in the oil and continue blending until smooth. Taste and season with salt and pepper as needed; set aside. Using a vegetable peeler, slice the asparagus lengthwise into thin strips and place in a medium bowl. (If you have trouble peeling the final portion of an asparagus spear, lay it on the flat wooden handle of a spatula or spoon. This will raise it just high enough to allow the peeler to move freely.)
- Add 2 tablespoons of the dressing to the asparagus and toss to combine; set aside.
- Place the lettuce, chives, and parsley in a large bowl and toss to combine.
- Add 1/4 cup of the dressing and toss to combine. Taste and season with salt and pepper as needed. To serve, run a thin knife around the perimeter of the ramekins. Invert each ramekin onto a plate. Divide the lettuce mixture among the plates next to the custard. Divide the asparagus over the lettuce.
- Serve, passing the remaining dressing on the side.

## Nutrition Facts



PROTEIN 11.76%  FAT 76.02%  CARBS 12.22%

## Properties

Glycemic Index:42.56, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:19.906956610472%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg, Isorhamnetin: 4.38mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg, Quercetin: 11.65mg

## Nutrients (% of daily need)

Calories: 323.62kcal (16.18%), Fat: 28.07g (43.18%), Saturated Fat: 10.75g (67.19%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.53g (6.14%), Cholesterol: 162.93mg (54.31%), Sodium: 370.02mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin K: 123.08µg (117.22%), Vitamin A: 2829.07IU (56.58%), Folate: 101.39µg (25.35%), Vitamin B2: 0.4mg (23.49%), Selenium: 15.62µg (22.32%), Phosphorus: 205.65mg (20.56%), Vitamin C: 16.71mg (20.26%), Iron: 3.17mg (17.6%), Vitamin E: 2.61mg (17.39%), Manganese: 0.33mg (16.43%), Vitamin B1: 0.24mg (15.76%), Calcium: 149.8mg (14.98%), Fiber: 3.52g (14.1%), Copper: 0.28mg (13.85%), Potassium: 431.67mg (12.33%), Vitamin B6: 0.23mg (11.27%), Zinc: 1.52mg (10.16%), Magnesium: 39.64mg (9.91%), Vitamin D: 1.48µg (9.84%), Vitamin B5: 0.98mg (9.76%), Vitamin B12: 0.52µg (8.7%), Vitamin B3: 1.44mg (7.22%)