



Saffron Poached Shrimp with Shaved Fennel and Citrus Vinaigrette



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe sliced
- ☐ 0.5 cup canola oil
- ☐ 1 carrots peeled roughly chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 6 servings fennel fronds for garnish
- ☐ 1 medium bulb fennel sliced

- ☐ 2 bulbs fennel roughly chopped
- ☐ 1 bunch basil fresh
- ☐ 1 bunch tarragon fresh
- ☐ 1 clove garlic finely grated
- ☐ 1 grapefruit
- ☐ 1 teaspoon honey
- ☐ 6 servings ice cubes for cooling the shrimp
- ☐ 6 servings kosher salt for seasoning
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 onion spanish roughly chopped
- ☐ 1 tablespoon orange juice
- ☐ 2 pinches saffron threads
- ☐ 1 pinch salt
- ☐ 2 pounds shrimp whole
- ☐ 1 tomatoes cut in 1/2
- ☐ 8 cups water
- ☐ 1 cup white wine
- ☐ 0.5 cup citrus champagne vinegar

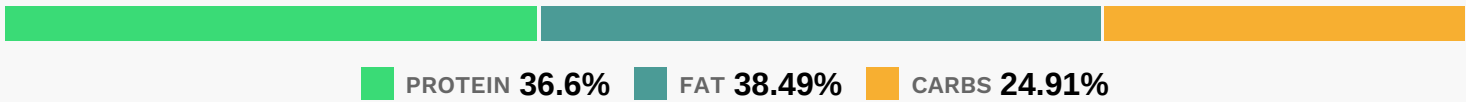
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ stove
- ☐ skewers
- ☐ grater

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 6-inch bamboo skewers
- ☐ Remove the heads and shells from the shrimp, keeping the tails intact, and reserve. Devein the shrimp and set aside on ice.
- ☐ For poaching liquid: steep the saffron in the white wine.
- ☐ Heat olive oil in a large, heavy-bottomed pot over medium-high heat until oil slides easily across the pan, add the reserved shrimp heads and shells and cook until they turn an orange-red color.
- ☐ Add the fennel, onion, carrot and gently brown, about 2 minutes. Using a cheese grater, gently grate the tomato into the broth and cook for another 3 to 5 minutes.
- ☐ Add the white wine and saffron mixture, water, whole tarragon, and whole basil. Bring to a boil and reduce to a gentle simmer for 45 minutes, skimming frequently. Strain and set aside.
- ☐ For the skewers: place shrimp on a skewer, piercing through the tail and body, about 3 per skewer. Season with kosher salt.
- ☐ Return the poaching liquid to the stove and heat to a gentle simmer.
- ☐ Add the shrimp skewers to the liquid and cook, until the shrimp are firm and just cooked through, being careful not to over cook, about 2 to 2 1/2 minutes.
- ☐ Serve on top of Shaved Fennel with Citrus Vinaigrette and garnish with fennel fronds.
- ☐ Carefully arrange fennel, avocado, and grapefruit on a plate and dress with the Citrus Vinaigrette.
- ☐ In a medium size mixing bowl, whisk together the garlic, honey, mustard, vinegar, lemon juice, orange juice, and salt. Gradually pour the olive oil and canola oil into the mixture while whisking. Set aside.

Nutrition Facts



Properties

Glycemic Index:117.18, Glycemic Load:5.77, Inflammation Score:-9, Nutrition Score:24.093913109406%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 14.31mg, Naringenin: 14.31mg, Naringenin: 14.31mg, Naringenin: 14.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 386.6kcal (19.33%), Fat: 15.91g (24.48%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 15.55g (5.66%), Sugar: 11.26g (12.51%), Cholesterol: 245.04mg (81.68%), Sodium: 484.05mg (21.05%), Alcohol: 4.12g (100%), Alcohol %: 0.64% (100%), Protein: 34.05g (68.1%), Vitamin K: 96.12µg (91.55%), Vitamin A: 2701.82IU (54.04%), Vitamin C: 39.41mg (47.77%), Phosphorus: 440.54mg (44.05%), Copper: 0.85mg (42.39%), Potassium: 1316.6mg (37.62%), Manganese: 0.68mg (34.01%), Fiber: 7.62g (30.49%), Magnesium: 107.52mg (26.88%), Calcium: 212.57mg (21.26%), Vitamin E: 3.14mg (20.94%), Folate: 79.75µg (19.94%), Zinc: 2.78mg (18.53%), Iron: 2.77mg (15.4%), Vitamin B6: 0.28mg (14.18%), Vitamin B5: 0.96mg (9.55%), Vitamin B3: 1.87mg (9.35%), Vitamin B2: 0.14mg (8.11%), Vitamin B1: 0.09mg (5.82%), Selenium: 1.6µg (2.28%)