



HEALTH SCORE

51%

Salmon Belly Crudo with Fennel and Tangerine Gastrique



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 fennel bulb cored ()
- ☐ 0.3 cup granulated sugar
- ☐ 1 teaspoon juice of lemon or as needed ()
- ☐ 2 radishes
- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup rice wine vinegar
- ☐ 0.5 pound alaskan kin salmon belly skinless (and well-chilled)

- ☐ 2 servings sea salt as needed
- ☐ 1 small zest of 1 small tangerine
- ☐ 1 juice of 1 small tangerine
- ☐ 1 tablespoon lightly tarragon leaves whole packed (as garnish)

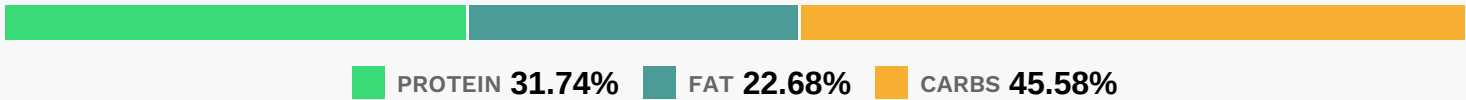
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve

Directions

- ☐ In a small saucepan set over medium-high heat combine the sugar and both vinegars. Bring to a boil. Lower the heat to medium and add the chopped fennel fronds and about half of the tangerine zest. Continue cooking until reduced to about 3/4 cup. Strain the syrup through a fine mesh sieve into a small bowl and allow to cool completely. Discard solids. Meanwhile, put the tangerine juice in a medium bowl.
- ☐ Add the cooled tangerine and vinegar syrup a little at a time, completely incorporating each addition until you have a gastrique that is thick and viscous but not syrupy. You might not use all the tangerine and vinegar syrup. Stir in half of the remaining zest and a small pinch of salt. Taste the gastrique, adjusting seasoning as needed. If it needs a little more acidity, add as much or as little of the lemon juice as needed. It should be bright and tart with a hint of tangerine sweetness. Use a mandolin to slice the fennel and radish into very thin slices. Using a very sharp knife (and a single long slicing motion per section) cut the the salmon belly into 1/4-inch slices. Trim the salmon removing any skin and cut it into bite-sized pieces. Arrange the salmon and radish slices in an alternating pattern across a chilled serving platter. Pile the fennel slices attractively to one side and then garnish with the tarragon leaves and the remaining tangerine zest. Finish with a little sea salt, and then drizzle some of the gastrique all around the plate.

Nutrition Facts



Properties

Glycemic Index:149.55, Glycemic Load:20.46, Inflammation Score:-6, Nutrition Score:23.090000183686%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 14.85mg, Hesperetin: 14.85mg, Hesperetin: 14.85mg, Hesperetin: 14.85mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 308.6kcal (15.43%), Fat: 7.72g (11.87%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 34.9g (11.63%), Net Carbohydrates: 31.82g (11.57%), Sugar: 28.01g (31.13%), Cholesterol: 62.37mg (20.79%), Sodium: 281.81mg (12.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.61%), Selenium: 42.42µg (60.61%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.06mg (52.9%), Vitamin B3: 9.68mg (48.4%), Vitamin K: 36.99µg (35.23%), Vitamin B2: 0.51mg (30%), Phosphorus: 277.77mg (27.78%), Potassium: 963.32mg (27.52%), Vitamin C: 20.37mg (24.7%), Manganese: 0.45mg (22.37%), Vitamin B5: 2.11mg (21.06%), Copper: 0.38mg (18.85%), Vitamin B1: 0.28mg (18.82%), Iron: 2.84mg (15.78%), Magnesium: 59.09mg (14.77%), Folate: 57.94µg (14.48%), Fiber: 3.08g (12.33%), Calcium: 98.51mg (9.85%), Zinc: 1.04mg (6.96%), Vitamin A: 289.19IU (5.78%), Vitamin E: 0.42mg (2.78%)