



Sautéed Fillet of Skate with Caramelized Apples and Chicken Liver

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings bell pepper black to taste
- ☐ 3 tablespoons brandy
- ☐ 1 tablespoon butter
- ☐ 6 ounces chicken livers diced finely
- ☐ 0.8 cup chicken stock see
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1.5 cup granny smith apples diced finely
- ☐ 1 optional: lemon halved

- ☐ 1 onion diced finely
- ☐ 1 pinch salt
- ☐ 22 ounce fillets skate
- ☐ 2.5 tablespoons sugar
- ☐ 4 tablespoons neutral-flavored vegetable oil
- ☐ 4 servings wondra quick-mixing flour

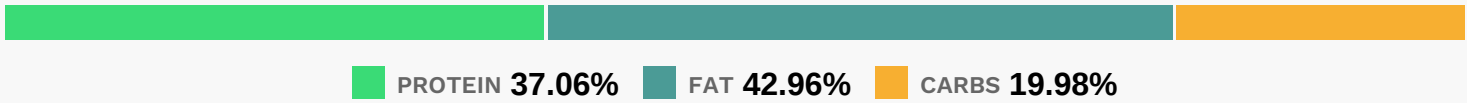
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a saucepan over high heat.
- ☐ Add 3 tablespoons of the butter and swirl.
- ☐ Add the onion and lower the heat to medium. Cook, stirring occasionally, until golden brown.
- ☐ Add the brandy, then the stock, and bring to a boil. Cook until reduced by one third, then swirl in the remaining 1 1/2 tablespoons butter. Season with the salt and pepper and keep warm.
- ☐ Heat a sauté pan over high heat and add the oil. When just smoking, add the butter and apples and sauté for about a minute.
- ☐ Add the sugar and salt and cook until caramelized.
- ☐ Remove to a warm plate.
- ☐ Heat two large sauté pans over high heat.
- ☐ Add 1 tablespoon oil and the butter to one pan and 3 tablespoons oil to the other. On a plate, season the livers and skate with salt and pepper and dust lightly with Wondra. When the oil in the pans is smoking, add the livers to the pan with the butter and the skate, whitest side down, to the other pan. Lower the heat to medium-high and cook until golden brown. Turn the skate and finish cooking on the other side. Squeeze lemon juice over the fish.
- ☐ Pour some sauce in the center of a serving plate, followed by the skate. Top with the chicken livers, apples, and chives.
- ☐ Although the skate stands up to the chicken liver (the "poor man's foie gras"), too much liver will overpower the dish. So don't overdo it.

Nutrition Facts



Properties

Glycemic Index:74.15, Glycemic Load:7.98, Inflammation Score:-10, Nutrition Score:26.121304315069%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 454.33kcal (22.72%), Fat: 20.81g (32.02%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 19.36g (7.04%), Sugar: 14.93g (16.59%), Cholesterol: 155.58mg (51.86%), Sodium: 129.08mg (5.61%), Alcohol: 3.76g (100%), Alcohol %: 1.24% (100%), Protein: 40.4g (80.8%), Vitamin B12: 7.06µg (117.61%), Vitamin A: 4864.65IU (97.29%), Folate: 264.14µg (66.03%), Vitamin B2: 0.83mg (48.64%), Selenium: 24.55µg (35.06%), Vitamin C: 26.64mg (32.29%), Vitamin B5: 2.77mg (27.72%), Vitamin K: 28.25µg (26.9%), Vitamin B3: 5.01mg (25.06%), Iron: 4.26mg (23.68%), Vitamin B6: 0.47mg (23.28%), Phosphorus: 157.78mg (15.78%), Copper: 0.27mg (13.61%), Vitamin B1: 0.18mg (12.23%), Vitamin E: 1.64mg (10.92%), Fiber: 2.43g (9.7%), Manganese: 0.19mg (9.32%), Zinc: 1.29mg (8.63%), Potassium: 277.39mg (7.93%), Magnesium: 17.69mg (4.42%), Calcium: 22.96mg (2.3%)