



Scottish Salmon with Shallot-Truffle Honey Glaze, Lump Crab and Green Apple Risotto, and Quince Jam

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 cup arborio rice cooked
- ☐ 0.3 apples i use 2 granny smith apples diced
- ☐ 4 tablespoons honey
- ☐ 1 juice of lemon finely grated

- ☐ 3 tablespoons brown sugar light packed
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 2 ounces lump crab meat fresh picked over
- ☐ 1 quinces grated
- ☐ 10 ounces salmon skinless
- ☐ 4 servings sea salt to taste fine
- ☐ 5 shallots minced
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon truffle oil
- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla extract split pure
- ☐ 2 tablespoons vegetable oil

Equipment

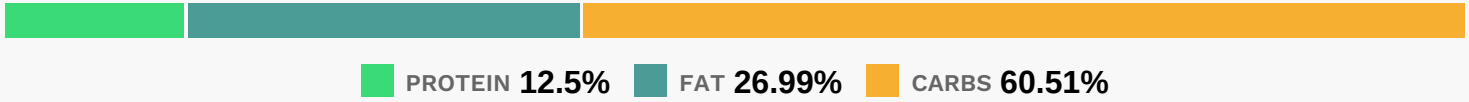
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler

Directions

- ☐ In a medium saucepan over moderate heat, bring the quince, sugar, vinegar, and 1 1/2 cups of water to a boil.
- ☐ Add the vanilla (or scrape in vanilla seeds), lemon juice, and zest then lower the heat, cover, and simmer until the jam is thickened and reduced by half, about 25 minutes.
- ☐ Let the jam cool for 1 hour.
- ☐ In a medium saucepan over moderate heat, warm the vegetable oil.
- ☐ Sprinkle the salmon with salt and pepper, add to the pan, and cook, flipping once, until just cooked through, about 3 minutes per side.

- ☐ Transfer the salmon to an oven-safe pan and cover. Do not clean the saucepan.
- ☐ Place the pan you used for the salmon over low heat and melt the butter.
- ☐ Add the shallots and sauté, stirring often, until translucent, about 5 minutes.
- ☐ Add the sugar and vinegar and cook until the sugar is dissolved, about 1 minute.
- ☐ Let cool, then transfer to a blender.
- ☐ Add the honey and truffle oil and purée until combined.
- ☐ In a medium saucepan over low heat, combine all the ingredients and cook, stirring often, until the risotto starts to stick to itself and becomes creamy, about 2 minutes.
- ☐ Preheat the broiler.
- ☐ Brush the salmon with the shallot-truffle honey glaze and place under the broiler until warmed through, about 1 minute.
- ☐ Divide the risotto among 4 plates.
- ☐ Cut the salmon into four servings and arrange on top of the risotto.
- ☐ Drizzle each piece of fish with 1 tablespoon quince jam and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.84, Glycemic Load:39.55, Inflammation Score:-5, Nutrition Score:18.699565169604%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 603.74kcal (30.19%), Fat: 18.48g (28.43%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 93.22g (31.07%), Net Carbohydrates: 90.78g (33.01%), Sugar: 67.38g (74.86%), Cholesterol: 59.98mg (19.99%), Sodium: 359.33mg (15.62%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 19.26g (38.51%), Vitamin B12: 3.56µg (59.27%), Selenium: 35.81µg (51.16%), Vitamin B6: 0.78mg (38.9%), Vitamin B3: 6.86mg (34.3%), Copper: 0.47mg (23.63%), Phosphorus: 226.46mg (22.65%), Vitamin B2: 0.33mg (19.6%), Potassium: 667.65mg (19.08%), Vitamin C: 15.54mg (18.83%), Vitamin B1: 0.28mg (18.46%), Folate: 66.29µg (16.57%), Manganese: 0.32mg (16.09%), Vitamin B5: 1.6mg (16.02%), Vitamin K: 14.26µg (13.58%), Iron: 2.38mg (13.2%), Zinc: 1.72mg (11.45%), Magnesium: 45.43mg (11.36%), Fiber: 2.44g (9.75%), Vitamin E: 0.91mg (6.05%), Vitamin A: 237.67IU (4.75%), Calcium: 46.91mg (4.69%)