



Sea Urchin Mousse with Ginger Vinaigrette

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



119 kcal

Ingredients

- ☐ 1 pinch cayenne
- ☐ 6 servings garnish: chives and cucumber thinly sliced chopped
- ☐ 1 large egg yolk
- ☐ 0.5 teaspoon gelatin powder unflavored (from 1 envelope)
- ☐ 0.3 cup heavy cream chilled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons mild olive oil french extra-virgin (preferably)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup vegetable broth cooled

- ☐ 4 oz tray uni (sea urchin roe)
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Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle gelatin over broth in a small saucepan and let stand 1 minute to soften, then cook over moderate heat, stirring, until dissolved, 1 to 2 minutes.
- ☐ Force uni through a fine-mesh sieve into a bowl, scraping bottom of sieve occasionally.
- ☐ Whisk in yolk, salt, lemon juice, and cayenne, then add broth mixture, whisking. Return to saucepan and cook over moderately low heat, stirring constantly, until it registers 170°F on thermometer, 2 to 3 minutes. (Do not let simmer or egg will curdle.)
- ☐ Transfer mixture to a bowl set in a larger bowl of ice and cold water.
- ☐ Let stand, stirring occasionally, until mixture is cold and the consistency of raw egg whites, about 10 minutes.
- ☐ Beat cream with an electric mixer until it just holds soft peaks, then fold cream into uni mixture gently but thoroughly. Chill, covered, until set, about 1 hour.
- ☐ Press hard on ginger in a small fine-mesh sieve set over a small bowl to extract 1 teaspoon juice (discard solids), then whisk in lemon juice and salt.
- ☐ Add oil in a slow stream, whisking until emulsified.
- ☐ Spoon 1/4 cup mousse onto each of 6 plates, then drizzle with some vinaigrette.
- ☐ • Mousse can be chilled up to 1 day. • Ginger vinaigrette can be made 6 hours ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



 **PROTEIN 3.81%**  **FAT 93.23%**  **CARBS 2.96%**

Properties

Glycemic Index:20.33, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:1.8804347910311%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 118.77kcal (5.94%), Fat: 12.54g (19.29%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.63g (0.7%), Cholesterol: 45.54mg (15.18%), Sodium: 132.56mg (5.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin E: 1.21mg (8.08%), Vitamin A: 327.5IU (6.55%), Vitamin K: 6.8µg (6.48%), Selenium: 2.13µg (3.04%), Vitamin B2: 0.04mg (2.48%), Vitamin D: 0.36µg (2.43%), Phosphorus: 19.61mg (1.96%), Vitamin C: 1.32mg (1.6%), Folate: 6.17µg (1.54%), Calcium: 13.71mg (1.37%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.24%)