



Shellfish with Butter Broth and Honey Emulsion

 Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 teaspoons peppercorns whole black
- ☐ 1 cup carrots peeled finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 8 ounces crab meat picked over
- ☐ 2 cups cooking wine dry white
- ☐ 1 large egg yolk

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon honey
- ☐ 20 littleneck clams scrubbed
- ☐ 22 ounce lobster tail pieces frozen thawed
- ☐ 30 mussels scrubbed
- ☐ 8 large parsley sprigs fresh italian
- ☐ 1 cup butter unsalted cut into 1-inch pieces (2 sticks)
- ☐ 1 cup water
- ☐ 1 cup onion white finely chopped
- ☐ 2 teaspoons coriander seeds whole

Equipment

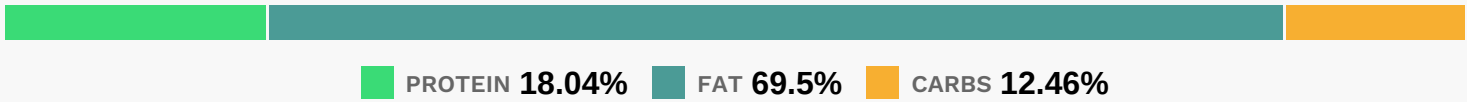
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Combine first 9 ingredients in large pot. Bring to boil. Reduce heat, cover, and simmer 10 minutes to allow flavors to develop.
- ☐ Add clams to broth in pot; increase heat and bring to boil. Cover and cook until clams open, 6 to 8 minutes. Using tongs or slotted spoon, transfer clams to large bowl (discard any that do not open).
- ☐ Add mussels to boiling broth in same pot; cover and cook until mussels open, 4 to 5 minutes. Using tongs or slotted spoon, transfer mussels to bowl with clams (discard any that do not open); cool slightly. Discard broth.
- ☐ Remove clams and mussels from shells; discard shells.

- ☐ Place lobster tails on steamer rackset in large pot filled with just enoughwater to reach bottom of steamer rack.Bring water to boil. Cover; steam until justcooked through, 7 to 8 minutes.
- ☐ Transferlobster to bowl of ice water and cool 10minutes. Using kitchen shears, cut shellof 1 lobster tail open and remove lobstermeat from tail; discard shells. Repeat withsecond lobster tail.
- ☐ Cut meat into 1/2–inchpieces. DO AHEAD: Seafood can be cooked4 hours ahead. Cover separately; chill.
- ☐ Bring 1/4 cup water toboil in heavy large saucepan.
- ☐ Add butter,2 pieces at a time, whisking until butter ismelted but not brown before adding more.Reduce heat to low.
- ☐ Add clams, mussels,lobster, and crab; stir over medium–lowheat until shellfish is heated through, about5 minutes. Season with salt and pepper.
- ☐ Sprinkle with parsley.
- ☐ Combine 1 cupwater and honey in medium saucepan.Bring to boil, whisking occasionally untilhoney dissolves.
- ☐ Remove from heat; addegg yolk and blend mixture with immersionblender until very foamy, 2 to 3 minutes.
- ☐ Divide shellfish mixture among smallbowls. Top each serving with small spoonfulof honey emulsion; serve immediately.
- ☐ Pop a bottle of bubbly.Try the Pierre Peters NV Brut Blanc de Blancs
- ☐ Champagne (France, \$53).

Nutrition Facts



Properties

Glycemic Index:28.84, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:16.34478247684%

Flavonoids

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: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg,

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 240.2kcal (12.01%), Fat: 16.58g (25.51%), Saturated Fat: 10.02g (62.61%), Carbohydrates: 6.69g (2.23%), Net Carbohydrates: 5.65g (2.05%), Sugar: 3.04g (3.38%), Cholesterol: 89.15mg (29.72%), Sodium: 301.32mg (13.1%), Alcohol: 4.12g (100%), Alcohol %: 3% (100%), Protein: 9.68g (19.37%), Vitamin B12: 4.79µg (79.77%), Vitamin A: 2478.81IU (49.58%), Manganese: 0.91mg (45.28%), Selenium: 27.62µg (39.45%), Vitamin K: 28.52µg (27.16%), Copper: 0.43mg (21.46%), Zinc: 2.18mg (14.56%), Phosphorus: 142.21mg (14.22%), Magnesium: 33.65mg (8.41%), Iron: 1.46mg (8.12%), Vitamin C: 6.69mg (8.11%), Folate: 31.36µg (7.84%), Potassium: 266.87mg (7.62%), Vitamin B6: 0.12mg (6.03%), Vitamin E: 0.85mg (5.68%), Calcium: 55.8mg (5.58%), Vitamin B2: 0.09mg (5.48%), Vitamin B5: 0.55mg (5.48%), Vitamin B3: 1.01mg (5.06%), Vitamin B1: 0.07mg (4.49%), Fiber: 1.04g (4.15%), Vitamin D: 0.36µg (2.4%)