



Shrimp and Littleneck Clams with Wild Rice Waffles

READY IN



210 min.

SERVINGS



4

CALORIES



1467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons ancho chile powder
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup buttermilk
- ☐ 1 large carrots peeled coarsely chopped
- ☐ 1 teaspoon cayenne pepper
- ☐ 3 tablespoons cilantro leaves finely chopped

- ☐ 0.5 cup coconut milk
- ☐ 2 cups rice wild cooked
- ☐ 2 teaspoons coriander seeds
- ☐ 2 teaspoons cumin seeds
- ☐ 2 large eggs
- ☐ 2 teaspoons fennel seeds
- ☐ 1.3 cups flour all-purpose
- ☐ 3 cloves garlic finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 apples i use 2 granny smith apples cored peeled coarsely chopped
- ☐ 1 teaspoon ground cardamom
- ☐ 2 teaspoons ground pepper black
- ☐ 0.5 cup heavy cream
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons brown sugar light
- ☐ 14 littleneck clams scrubbed
- ☐ 1 large mangos pitted ripe peeled coarsely chopped
- ☐ 1 cup milk
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 1 onion spanish finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 12 large shrimp deveined peeled
- ☐ 6 cups shrimp stock
- ☐ 2 teaspoons turmeric
- ☐ 2 sticks butter unsalted softened
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup white wine

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ spatula
- ☐ waffle iron

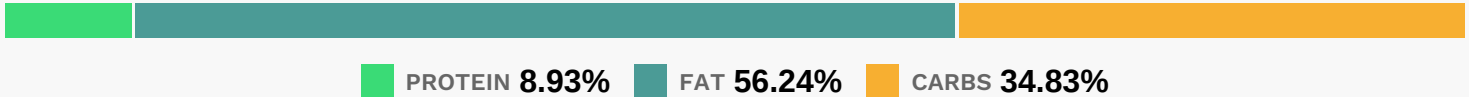
Directions

- ☐ Heat the oil in a medium saute pan over high heat until almost smoking. Season the shrimp with salt and pepper to taste and saute for 1-2 minutes on each side until almost cooked through.
- ☐ Heat the butter in a medium saucepan over medium heat.
- ☐ Add the onions, garlic, carrots, apples and curry and cook until soft. Raise the heat to high, add the wine and cook until reduced.
- ☐ Add the stock and cook until reduced by half. Reduce heat to medium, whisk in the cream, coconut milk and brown sugar and cook until slightly thickened.
- ☐ Add the shrimp and the clams and cook until the clams open. Season with salt and pepper to taste.
- ☐ Preheat your Belgian waffle iron.
- ☐ Heat the olive oil in a large skillet, preferably nonstick, over medium-high heat.
- ☐ Add the onions and cook, stirring, until lightly browned.
- ☐ Add the garlic and cook for 1 minute more.
- ☐ Add the wild rice and stir just until the mixture is well combined, season well with salt and pepper to taste. In a large bowl, whisk together the flour, baking powder and baking soda. In

another bowl, beat together the milk, buttermilk and eggs.

- ☐ Pour the liquid ingredients over the dry ingredients and stir together with the whisk until just combined. Stir in the wild rice mixture. Lightly butter the grids of the waffle iron, if needed. Spoon out 1 cup of batter onto the hot iron. The batter will be thick so spread with a metal spatula. Close the lid and bake until the waffle is golden and crisp.
- ☐ Remove from the iron and cut into quarters.
- ☐ Heat the brown sugar and honey in small saucepan over medium-high heat until sugar has melted and is bubbling.
- ☐ Add the mango and cook over medium-low heat until the mango is soft and caramelized.
- ☐ Place in a food processor and process until smooth, remove to a bowl and let cool.
- ☐ Place butter in a food processor and add mango puree and process until smooth. Fold in cilantro, scrape into a medium ramekin and refrigerate until firm, about 1 hour.
- ☐ Assemble: Ladle the sauce into a bowl.
- ☐ Place 3 shrimp and 4 clams in each bowl. Top with 2 waffle quarters and a dollop of the candied mango butter.
- ☐ Sprinkle with chopped cilantro.
- ☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:195.71, Glycemic Load:36.7, Inflammation Score:-10, Nutrition Score:42.134348040042%

Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg, Epicatechin: 3.76mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg, Isorhamnetin: 3.26mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 15.31mg, Quercetin: 15.31mg, Quercetin: 15.31mg, Quercetin: 15.31mg

Nutrients (% of daily need)

Calories: 1466.57kcal (73.33%), Fat: 91.58g (140.89%), Saturated Fat: 51.22g (320.15%), Carbohydrates: 127.6g (42.53%), Net Carbohydrates: 117.68g (42.79%), Sugar: 63.41g (70.45%), Cholesterol: 330.14mg (110.05%), Sodium: 1906.54mg (82.89%), Alcohol: 6.18g (100%), Alcohol %: 0.74% (100%), Protein: 32.7g (65.4%), Vitamin A: 8029.41IU (160.59%), Manganese: 1.64mg (82.11%), Phosphorus: 620.52mg (62.05%), Calcium: 532.22mg (53.22%), Vitamin B3: 10.44mg (52.22%), Vitamin E: 7.66mg (51.1%), Vitamin B2: 0.83mg (48.99%), Iron: 8.56mg (47.54%), Selenium: 33.08µg (47.25%), Folate: 171.17µg (42.79%), Copper: 0.81mg (40.61%), Potassium: 1391.28mg (39.75%), Fiber: 9.92g (39.69%), Vitamin C: 29.85mg (36.18%), Vitamin B6: 0.72mg (35.8%), Vitamin B1: 0.52mg (34.99%), Vitamin B12: 1.98µg (32.98%), Magnesium: 130.82mg (32.7%), Vitamin K: 29.15µg (27.76%), Zinc: 3.96mg (26.41%), Vitamin D: 2.85µg (18.98%), Vitamin B5: 1.6mg (15.97%)