



Shrimp and Salt Cod Ravioli with Yellow Pepper Romesco Sauce

READY IN



65 min.

SERVINGS



60

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds toasted
- 1 ancho chile boiling soft seeded coarsely chopped
- 2 baking potatoes pureed cooked
- 1 new mexican chile boiling soft seeded coarsely chopped
- 2 large egg yolks
- 2 large eggs
- 2 eggs mixed with 2 tablespoons water, for egg wash
- 2 cups flour all-purpose

- 6 cloves garlic coarsely chopped
- 6 cloves garlic peeled
- 1.5 cups heavy cream
- 60 servings splash heavy cream
- 1 tablespoon honey
- 2 teaspoon kosher salt
- 0.3 cup olive oil
- 4 tablespoons olive oil
- 1 sheets pasta dough
- 0.5 cup red wine vinegar
- 60 servings salt and pepper black freshly ground
- 1 pound cod
- 2 shallots finely sliced
- 30 large shrimp deveined peeled
- 1 slice bread white cut into small cubes
- 1 pepper yellow peeled seeded
- 2 tomatoes yellow halved

Equipment

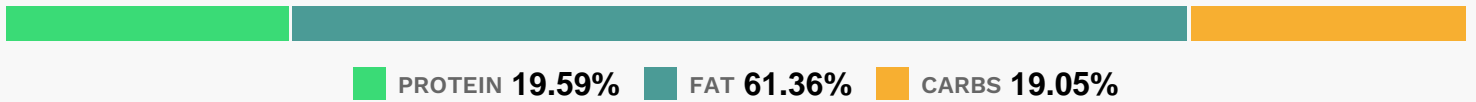
- food processor
- bowl
- frying pan
- sauce pan
- pot
- plastic wrap
- stand mixer
- slotted spoon
- pasta machine

Directions

- Watch how to make this recipe.
- Put the flour and salt in the bowl of a stand mixer fitted with the dough hook and stir briefly to combine. With mixer on, add the egg and egg yolk and continue to mix until well combined.
- Add just enough cream to make a smooth dough (it should not be sticky). Wrap dough in plastic and chill for at least 1 hour.
- Cut the dough into 4 pieces. Keep the dough covered with plastic wrap while working with 1 piece at a time. Press the dough into a rectangle on a lightly floured surface and roll in through a pasta machine set at the widest setting, 2 or 3 times. Reduce the setting and run a few more times until the dough is as thin as possible.
- Place on a floured surface and keep covered.
- Heat the oil in a large saute pan over high heat until smoking. Separately saute the garlic, bell pepper, tomatoes, chiles and bread cubes until lightly browned, about 2 to 3 minutes each.
- Remove each ingredient with a slotted spoon as it is done. Deglaze the pan with the vinegar.
- Place all sauteed ingredients and the deglazing liquid into a food processor and blend until smooth.
- Add the almonds and process until finely chopped.
- Add the honey and season, to taste, with salt and pepper.
- For the filling: In a large bowl cover the dried cod with cold water and let soak in the refrigerator for 12 to 48 hours, (depending on the saltiness of the cod), changing the water frequently.
- Bring a medium pot of water to a simmer.
- Remove the salt cod from the soaking water and place in the simmering water. Poach for 8 to 10 minutes; let cool in the liquid for another 10 to 15 minutes.
- Remove from poaching liquid; discard any bones and coarsely chop.
- Heat 2 tablespoons of the olive oil in a medium saute pan over medium-high heat.
- Add the garlic and shallots and cook until soft.
- Remove the garlic and shallots to a plate.
- Add the remaining 2 tablespoons of oil to the pan and lightly saute the shrimp for 1 to 2 minutes on each side.

- Remove the shrimp and slice in half lengthwise.
- Place cream in a small saucepan and bring to a simmer.
- Place the poached and chopped cod in a food processor, add shallot-garlic mixture and half of the warm cream and process until smooth.
- Add the pureed potatoes, remaining cream and process until just combined. With motor running add the 1/4 cup of oil. Season with salt and pepper, to taste.
- Lay a sheet of pasta dough on a lightly floured work surface and distribute a heaping teaspoon sized portion of the filling on the dough, at least 2 inches apart.
- Place 1/2 piece of shrimp on top of each filling. Use your fingertip or a brush to moisten the edges of the pasta sheet with the egg wash. Carefully place a second sheet of the pasta dough on top of the first and press with your fingertips to separate the rows of filling. Repeat with the remaining dough.
- With a ravioli cutter or pastry wheel, cut straight lines vertically and horizontally to form each ravioli square. Press the edges closed with your fingertips to seal well.
- Bring a large pot of salted water to a boil. Carefully drop in the ravioli and cook for about 5 minutes.
- Drain and serve immediately with yellow pepper sauce.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:3.74, Inflammation Score:-4, Nutrition Score:6.1973913545194%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 159.79kcal (7.99%), Fat: 10.95g (16.84%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 7.05g (2.56%), Sugar: 1.37g (1.52%), Cholesterol: 60.99mg (20.33%), Sodium: 636.52mg

(27.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.73%), Selenium: 14.9µg (21.28%), Vitamin B12: 0.83µg (13.81%), Phosphorus: 119.67mg (11.97%), Vitamin A: 509.99IU (10.2%), Vitamin C: 5.96mg (7.23%), Vitamin B2: 0.12mg (6.95%), Vitamin B6: 0.13mg (6.55%), Potassium: 214.29mg (6.12%), Vitamin E: 0.91mg (6.06%), Vitamin B3: 1.08mg (5.4%), Manganese: 0.11mg (5.3%), Vitamin B1: 0.08mg (5.14%), Magnesium: 19.74mg (4.94%), Vitamin D: 0.73µg (4.87%), Folate: 17.01µg (4.25%), Iron: 0.75mg (4.16%), Calcium: 38.63mg (3.86%), Copper: 0.07mg (3.4%), Vitamin B5: 0.32mg (3.15%), Vitamin K: 3.01µg (2.87%), Zinc: 0.4mg (2.64%), Fiber: 0.6g (2.39%)