



Skate Wings with Brown Butter, Preserved Lemon and Almond Sauce with Wilted Red Swiss Chard with Raisins

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



569 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almonds toasted thinly sliced
- ☐ 2 teaspoons peppercorns black
- ☐ 3 tablespoons cider vinegar
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon coriander seeds
- ☐ 0.3 cup currants hot drained for 30 minutes and

- ☐ 0.5 cup flour with salt and pepper
- ☐ 0.7 cup kosher salt
- ☐ 6 lemons
- ☐ 1 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons parsley chopped
- ☐ 1 small onion red
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 fillet boned skate wing
- ☐ 1.5 pound swiss chard cleaned coarsely chopped
- ☐ 1 stick butter unsalted quartered
- ☐ 1 tablespoon butter unsalted

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat oil in a large saute pan over medium high heat. Season skate with salt and pepper and dredge the skate on 1 side in the flour and tap off the excess. Sear the skate flour-side down until golden brown. Turn over and continue cooking for 2 to 3 minutes.
- ☐ Remove the skate to a plate, wipe out the pan, and return over high heat.
- ☐ Add the butter and cook until golden brown, add the preserved lemons, almonds and parsley, season with salt and pepper and immediately pour over the fish.
- ☐ Serve with Wilted Swiss Chard with Raisins.
- ☐ Bring 3 quarts of water to a boil in a medium non-reactive saucepan.
- ☐ Add lemons and cook for 3 to 4 minutes.
- ☐ Drain, plunge into cold water, let cool then drain again. When cool enough to handle, cut each lemon into quarters.

- ☐ While the lemons are cooling, prepare the brine. In a medium non-reactive saucepan combine 6 cups of water, the salt, cinnamon, coriander and peppercorns. Bring the mixture to a boil over high heat and cook until the salt has melted. Tightly pack the lemons into hot, dry, sterilized jars with lids.
- ☐ Ladle in the hot brine, including the spices, to within 1/2 inch of the rims.
- ☐ Add the olive oil and cover with the lids. Store in a cool, dark place.
- ☐ Let stand for 2 months before using. Once opened, store in the refrigerator.
- ☐ Heat olive oil and butter in a large saute pan over medium high heat.
- ☐ Add the onions and cook until soft.
- ☐ Add the Swiss chard and currants, season with salt and pepper and cook until the chard is wilted.
- ☐ Remove from the heat and stir in the vinegar.

Nutrition Facts



PROTEIN 5.37% **FAT 71.42%** **CARBS 23.21%**

Properties

Glycemic Index:57.13, Glycemic Load:6.5, Inflammation Score:-10, Nutrition Score:33.095217253851%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 34.63mg, Eriodictyol: 34.63mg, Eriodictyol: 34.63mg, Eriodictyol: 34.63mg Hesperetin: 45.2mg, Hesperetin: 45.2mg, Hesperetin: 45.2mg, Hesperetin: 45.2mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg, Luteolin: 3.19mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 10.17mg, Kaempferol: 10.17mg, Kaempferol: 10.17mg, Kaempferol: 10.17mg Myricetin: 6.54mg, Myricetin: 6.54mg, Myricetin: 6.54mg, Myricetin: 6.54mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 568.9kcal (28.44%), Fat: 49.22g (75.73%), Saturated Fat: 19.29g (120.55%), Carbohydrates: 36g (12%), Net Carbohydrates: 25.12g (9.13%), Sugar: 13.21g (14.67%), Cholesterol: 68.26mg (22.75%), Sodium: 33580.35mg (1460.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin K: 1478.23µg (1407.83%), Vitamin A: 11506.76IU (230.14%), Vitamin C: 143.63mg (174.1%), Manganese: 1.53mg (76.5%), Vitamin E: 9.13mg

(60.84%), Magnesium: 192.83mg (48.21%), Fiber: 10.88g (43.53%), Potassium: 1132.15mg (32.35%), Iron: 5.68mg (31.56%), Copper: 0.57mg (28.73%), Calcium: 227.82mg (22.78%), Vitamin B2: 0.33mg (19.37%), Vitamin B6: 0.38mg (19.07%), Phosphorus: 183.45mg (18.34%), Folate: 57.63µg (14.41%), Vitamin B1: 0.19mg (12.53%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.76mg (7.61%), Vitamin B3: 1.46mg (7.3%), Selenium: 3.63µg (5.18%), Vitamin D: 0.48µg (3.18%)