



## Skate with Wild Mushrooms in Pearl Sauce

READY IN



1500 min.

SERVINGS



2

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 medium carrots chopped
- ☐ 1 celery rib thinly sliced
- ☐ 0.3 teaspoon curry powder
- ☐ 1 tablespoon porcini dried crumbled
- ☐ 0.3 cup cooking wine dry white
- ☐ 1 flat-leaf parsley sprig fresh
- ☐ 1.5 tablespoons flour all-purpose

- ☐ 6 oz mushrooms mixed fresh such as oyster and chanterelle, trimmed and halved lengthwise or quartered if large
- ☐ 1 garlic clove
- ☐ 1 small leek white green chopped ( and pale parts only)
- ☐ 0.5 tablespoon olive oil
- ☐ 0.5 medium onion chopped
- ☐ 1 tablespoon quick-cooking tapioca
- ☐ 0.5 teaspoon salt
- ☐ 10 oz skate fillet halved
- ☐ 1 teaspoon soya sauce
- ☐ 1 thyme sprig fresh
- ☐ 1 turkish or
- ☐ 1.5 tablespoons butter unsalted
- ☐ 2 cups water

## Equipment

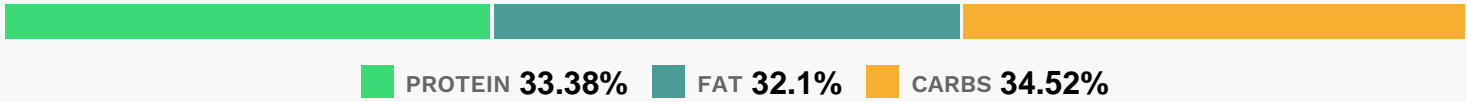
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ aluminum foil

## Directions

- ☐ Wash chopped leek well in a bowl of cold water, agitating it, then lift out and pat dry.
- ☐ Heat oil in a 3- to 4-quart heavy saucepan over moderately high heat until hot but not smoking, then sauté leek, carrot, onion, and garlic clove, stirring frequently, until vegetables are soft and well browned, about 10 minutes. Stir in wine and deglaze saucepan by boiling, stirring and scraping up any brown bits, 1 minute.
- ☐ Add water, soy sauce, parsley, thyme, bay leaf, and porcini and simmer, uncovered, until liquid is reduced to 3/4 cup, about 25 minutes.

- ☐ Pour through a fine-mesh sieve into a glass measure, lightly pressing on and then discarding solids.
- ☐ Transfer to a small saucepan. If you have more than 3/4 cup, boil strained liquid a few minutes to reduce.
- ☐ Heat butter and oil in a 10-inch heavy skillet until hot but not smoking, then sauté mushrooms with salt and pepper, stirring, until just tender and golden brown, about 4 minutes.
- ☐ Add celery and sauté until bright green and crisp-tender, about 2 minutes.
- ☐ Remove from heat and keep warm, covered with foil.
- ☐ Bring broth to a simmer, then remove from heat and stir in tapioca.
- ☐ Let stand, covered, 10 to 15 minutes.
- ☐ While sauce is standing, stir together flour and curry powder in a shallow bowl. Pat fish dry and sprinkle with salt and pepper, then dredge in flour mixture, shaking off excess and transferring to a plate as dredged.
- ☐ Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté fish, turning over once, until golden brown and just cooked through, about 5 minutes total.
- ☐ Reheat sauce, then season with salt and pepper.
- ☐ Serve fish with sautéed mushrooms and sauce.
- ☐ \*Available at specialty foods shops.
- ☐ Broth (without tapioca) can be made 2 days ahead and cooled completely, uncovered, then chilled, covered.

## Nutrition Facts



## Properties

Glycemic Index:209.42, Glycemic Load:7.91, Inflammation Score:-10, Nutrition Score:21.267825968887%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 407.42kcal (20.37%), Fat: 14.28g (21.97%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 29.01g (10.55%), Sugar: 6.95g (7.72%), Cholesterol: 22.58mg (7.53%), Sodium: 805.62mg (35.03%), Alcohol: 3.09g (100%), Alcohol %: 0.61% (100%), Protein: 33.42g (66.85%), Vitamin A: 6181.32IU (123.63%), Manganese: 0.73mg (36.67%), Vitamin K: 37.3µg (35.52%), Copper: 0.65mg (32.32%), Vitamin B5: 3.15mg (31.53%), Vitamin B6: 0.55mg (27.47%), Vitamin B3: 5.38mg (26.9%), Fiber: 5.55g (22.21%), Vitamin B2: 0.36mg (21.42%), Folate: 76.3µg (19.08%), Potassium: 648.98mg (18.54%), Phosphorus: 173.83mg (17.38%), Selenium: 11.21µg (16.01%), Magnesium: 56.22mg (14.06%), Vitamin C: 11.48mg (13.92%), Iron: 2.26mg (12.53%), Zinc: 1.79mg (11.91%), Vitamin B1: 0.15mg (9.82%), Vitamin E: 1.43mg (9.56%), Calcium: 67.71mg (6.77%), Vitamin D: 0.79µg (5.24%)