



Smoked-Sable Tartare with Beets and Watercress



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 3 medium the salad with greens)
- ☐ 2.5 tablespoons juice of lemon fresh to taste
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1.3 cups sable smoked black sliced chopped (cod)
- ☐ 0.3 cup shallots finely chopped
- ☐ 0.3 teaspoon sugar
- ☐ 6 cups watercress

- ☐ 2 tablespoons citrus champagne vinegar

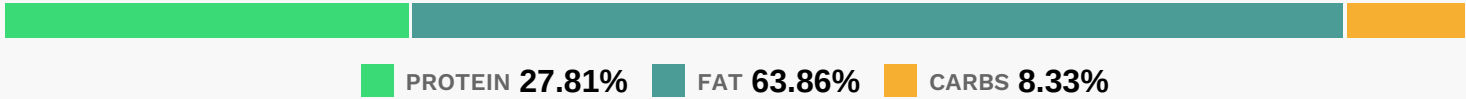
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Trim beets, discarding stems and greens (or reserve for another use), then wrap together in foil and roast until tender, about 1 1/4 hours.
- ☐ Let beets stand in foil at least 15 minutes, then remove from foil and cool.
- ☐ Remove skins and cut beets into 1/3-inch dice.
- ☐ Whisk together shallots, vinegar, lemon juice, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper, then whisk in oil. Reserve 2 tablespoon vinaigrette for watercress and toss remainder with beets.
- ☐ Let marinate at room temperature 30 minutes.
- ☐ Drain beets in a sieve set over a bowl and set beet vinaigrette aside.
- ☐ Put pastry ring in center of a salad plate and gently press about 2 1/2 tablespoons fish into bottom of ring, then put about 1/4 cup beets over fish. Repeat on 7 more plates.
- ☐ Toss watercress with reserved 2 tablespoons vinaigrette and mound over beets (a small handful per plate).
- ☐ Drizzle a little beet vinaigrette around each plate.
- ☐ •Beets can be roasted and tossed with vinaigrette 1 day ahead, then chilled. Chill reserved vinaigrette separately.
- ☐ Let stand at room temperature 30 minutes before serving. •Watercress sprigs can be prepared (but not tossed with vinaigrette) 1 day ahead and chilled, wrapped in dampened paper towels in a large sealable bag.

Nutrition Facts



Properties

Glycemic Index:16.51, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:8.2569565151049%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg, Kaempferol: 5.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

Nutrients (% of daily need)

Calories: 97.29kcal (4.86%), Fat: 6.96g (10.7%), Saturated Fat: 0.98g (6.09%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.88g (0.97%), Cholesterol: 18.53mg (6.18%), Sodium: 131.4mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin K: 67.87µg (64.64%), Vitamin A: 820.91IU (16.42%), Vitamin C: 13.48mg (16.33%), Selenium: 9.35µg (13.36%), Phosphorus: 131.36mg (13.14%), Vitamin B12: 0.78µg (13.01%), Vitamin E: 1.45mg (9.67%), Potassium: 208.51mg (5.96%), Vitamin B6: 0.11mg (5.35%), Manganese: 0.09mg (4.57%), Magnesium: 15.27mg (3.82%), Calcium: 37.11mg (3.71%), Vitamin B2: 0.05mg (2.98%), Vitamin B1: 0.04mg (2.78%), Vitamin B3: 0.5mg (2.52%), Vitamin B5: 0.22mg (2.23%), Folate: 8.65µg (2.16%), Copper: 0.04mg (1.75%), Fiber: 0.38g (1.51%), Iron: 0.26mg (1.46%), Vitamin D: 0.2µg (1.31%), Zinc: 0.18mg (1.23%)