



Spiced Salmon with Wine Braised Shallots, Edamame & Sunchoke Puree



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 0.5 cup chicken stock see
- ☐ 4 servings coarse salt as needed
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon cumin seeds
- ☐ 1 cup edamame fresh shelled
- ☐ 1 teaspoon mint leaves minced

- ☐ 1 teaspoon mustard seeds
- ☐ 1 teaspoon olive oil extra-virgin plus more for drizzling
- ☐ 4 servings freshly cracked pepper black as needed
- ☐ 1.5 cup red wine light fruity such as zinfandel
- ☐ 2 teaspoon sugar divided
- ☐ 1.5 pound sunchokes
- ☐ 3 tablespoon butter unsalted divided

Equipment

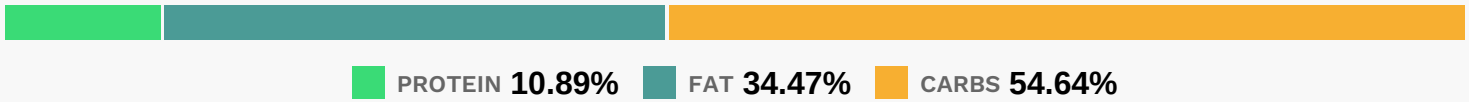
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Make the sunchoke puree: Fill large saucepan with water. Peel sunchokes and potatoes.
- ☐ Cut them into 2-inch chunks and put them in a saucepan with just enough milk to cover, then add about 1-inch more of water.
- ☐ Add a generous pinch of salt and bring to boil. Reduce heat to medium and cook until sunchokes and potatoes are very tender, about 12 minutes.
- ☐ Drain well.
- ☐ Transfer sunchokes and potatoes to processor; add butter and puree until smooth. Season to taste with salt and pepper. May be made 2 hours ahead.
- ☐ Add black peppercorns, cumin seeds, coriander seeds, mustard seeds 1 ½ teaspoon sugar and 1 ½ teaspoon salt to the bowl of a mortar and pestle. Grind the mixture well, but not completely to a fine powder.
- ☐ Heat 1 tablespoon of butter in a 10-inch saute pan set over medium-low heat. When the butter melts add ½ teaspoon sugar and ½ teaspoon salt.

- ☐ Add the shallot slices and stir to coat well. Cook about 3 minutes until the shallots begin to soften.
- ☐ Add the wine, and continue cooking, stirring often, until the wine has evaporated and the shallots are deeply red and jammy looking. About 45 minutes. Cover and keep warm until serving.If the edamame are frozen, briefly blanch them in boiling water.
- ☐ Drain.In a 1 ½ quart saucepan set over medium heat, warm the edamame ½ cup chicken stock with a pinch of salt and black pepper. About 2 minutes total. Just before serving stir in 1 teaspoon olive oil and 1 teaspoon minced mint leaves.Preheat oven to 250 degrees F.
- ☐ Roll each salmon fillet in the ground spice mixture until well coated on all sides.
- ☐ Place each fillet onto a parchment lined baking sheet.
- ☐ Place a cup or so of the sunchoke puree on each plate. Nestle a fillet up against the puree and drape some of the shallots across the top. Spoon 2 heaping tablespoons of edamame onto each fillet with a drizzle of olive oil and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.52, Glycemic Load:10.53, Inflammation Score:-6, Nutrition Score:11.988695665546%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 358.5kcal (17.92%), Fat: 11.65g (17.92%), Saturated Fat: 5.67g (35.45%), Carbohydrates: 41.55g (13.85%),
Net Carbohydrates: 36.67g (13.33%), Sugar: 20.43g (22.7%), Cholesterol: 23.48mg (7.82%), Sodium: 249.65mg
(10.85%), Alcohol: 9.54g (100%), Alcohol %: 3.51% (100%), Protein: 8.28g (16.57%), Iron: 7.87mg (43.72%),
Potassium: 1082.03mg (30.92%), Vitamin B1: 0.37mg (24.49%), Manganese: 0.42mg (20.99%), Fiber: 4.88g
(19.52%), Phosphorus: 176.66mg (17.67%), Vitamin B3: 2.97mg (14.87%), Copper: 0.3mg (14.81%), Magnesium:
49.46mg (12.36%), Vitamin B6: 0.21mg (10.48%), Vitamin B2: 0.17mg (9.8%), Vitamin C: 7.07mg (8.57%), Calcium:
80.65mg (8.07%), Vitamin B5: 0.74mg (7.37%), Folate: 26.33µg (6.58%), Vitamin A: 313.32IU (6.27%), Selenium:
3.92µg (5.61%), Vitamin E: 0.79mg (5.25%), Vitamin K: 3.96µg (3.77%), Zinc: 0.49mg (3.27%), Vitamin D: 0.16µg
(1.05%)