



Steamed Egg Custard with Blue Crab and Flowering Chives

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



113 kcal

Ingredients

- ☐ 2 tablespoons katsuo bushi
- ☐ 18 flowering chives chinese
- ☐ 6 large eggs
- ☐ 0.3 cup heavy cream
- ☐ 4 inch kombu dried (kelp)
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 pound lump crab meat picked over
- ☐ 3 large mushrooms dried black chinese

- ☐ 0.5 teaspoon asian sesame oil
- ☐ 1.5 teaspoons rice wine
- ☐ 1 tablespoon oloroso sherry dry
- ☐ 1.5 teaspoons soya sauce
- ☐ 0.3 teaspoon sugar
- ☐ 2.3 cups water
- ☐ 1 pinch pepper white

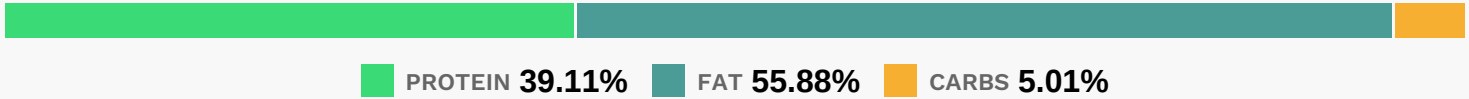
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil

Directions

- ☐ Simmer mushrooms in water in a small saucepan 5 minutes, then let steep off heat 10 minutes.
- ☐ Add kombu and return just to a simmer. Turn off heat and add bonito flakes, then let steep 10 minutes. Strain stock through a fine-mesh sieve into a bowl or glass measure, discarding solids. Cool dashi to room temperature.
- ☐ Beat eggs and 1 1/2 cups cooled dashi in a medium bowl, then whisk in remaining custard ingredients.
- ☐ Divide among bowls. Cover each tightly with foil and arrange in a steamer rack. Steam, covered, over simmering water until just barely set in center, 8 to 10 minutes.
- ☐ Remove pot from heat and let stand, covered, 2 to 3 minutes. (Custard will continue to set.)
- ☐ Blanch chives in a medium pot of boiling salted water 30 seconds, then transfer to an ice bath to stop cooking. Pat chives dry.
- ☐ Cut into 3/4-inch pieces and gently combine with crab and remaining ingredients.
- ☐ Top warm custards with crab mixture.
- ☐ Dashi can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:9.5060868833376%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 112.59kcal (5.63%), Fat: 6.72g (10.34%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.69g (0.77%), Cholesterol: 159.94mg (53.31%), Sodium: 580.68mg (25.25%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 10.59g (21.17%), Vitamin B12: 2.9µg (48.29%), Selenium: 22.41µg (32.01%), Copper: 0.31mg (15.75%), Zinc: 2.29mg (15.24%), Phosphorus: 150.27mg (15.03%), Vitamin B2: 0.22mg (12.68%), Folate: 35.95µg (8.99%), Vitamin A: 418.05IU (8.36%), Vitamin B5: 0.79mg (7.92%), Vitamin B6: 0.13mg (6.53%), Magnesium: 23.86mg (5.96%), Vitamin D: 0.89µg (5.93%), Vitamin K: 6.02µg (5.74%), Iron: 0.96mg (5.35%), Calcium: 45.97mg (4.6%), Potassium: 146.04mg (4.17%), Vitamin C: 3.38mg (4.1%), Vitamin E: 0.48mg (3.21%), Vitamin B3: 0.62mg (3.08%), Manganese: 0.05mg (2.65%), Vitamin B1: 0.03mg (2.17%)