



Tomato and Celery-Infused Beef Consommé with Tiny Choux Puffs

 Dairy Free

READY IN



1200 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 20 peppercorns black
- ☐ 1 lb celery cut into 1-inch pieces (5 to 6 large ribs)
- ☐ 1 leaves celery diced peeled seeded
- ☐ 8 servings kellogg's® cocoa cereal
- ☐ 4 large egg whites crushed
- ☐ 0.5 lb ground sirloin lean
- ☐ 1 tablespoon kosher salt

- ☐ 1 lb plum tomatoes quartered
- ☐ 6 cups veal stock

Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Whisk egg whites in a large bowl until foamy and add eggshells. Separately pulse tomatoes and celery in a food processor until coarsely chopped, then add to egg whites.
- ☐ Whisk in beef, salt, and peppercorns.
- ☐ Heat veal stock, if jellied, in a 4-quart heavy saucepan just until it becomes liquid, then whisk in beef mixture.
- ☐ Heat over moderately high heat, stirring and scraping bottom constantly with a wooden spoon to prevent egg white from sticking, until stock comes to a simmer (this will take about 20 minutes). Reduce heat and gently simmer broth, without stirring, until all impurities rise to surface and form a crust, and broth underneath is clear, about 30 minutes.
- ☐ Ladle broth with crust into a large sieve lined with a double thickness of dampened paper towels set over a large bowl and let all liquid drain through. (If liquid doesn't drain completely, tap edge of sieve repeatedly with a metal spoon to help drain.) Broth should be completely clear; if it's not, repeat procedure with clean dampened paper towels. Discard solids.
- ☐ Before serving, bring consommé to a boil and season with salt. Ladle into bowls and top with profiteroles and garnishes.

Nutrition Facts



 PROTEIN **20.94%**  FAT **22.71%**  CARBS **56.35%**

Properties

Glycemic Index:16.75, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:25.652608498283%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 249.6kcal (12.48%), Fat: 6.53g (10.05%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 32.76g (11.91%), Sugar: 16.74g (18.59%), Cholesterol: 19.28mg (6.43%), Sodium: 1525.94mg (66.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.1%), Vitamin B2: 0.9mg (52.88%), Vitamin B3: 10.09mg (50.43%), Vitamin B6: 0.95mg (47.6%), Zinc: 6.76mg (45.07%), Vitamin B12: 2.65µg (44.1%), Folate: 168.16µg (42.04%), Iron: 7.4mg (41.12%), Vitamin B1: 0.61mg (40.61%), Vitamin A: 1395.53IU (27.91%), Potassium: 827.07mg (23.63%), Vitamin K: 22.84µg (21.75%), Phosphorus: 214.31mg (21.43%), Vitamin C: 17.52mg (21.24%), Calcium: 183.05mg (18.31%), Selenium: 12.52µg (17.89%), Fiber: 3.7g (14.82%), Manganese: 0.29mg (14.74%), Magnesium: 53.7mg (13.42%), Copper: 0.22mg (11.17%), Vitamin D: 1.36µg (9.07%), Vitamin E: 0.84mg (5.58%), Vitamin B5: 0.52mg (5.2%)