



Tomato Ginger Gelée Clam Shooters



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



60

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 60 small clams scrubbed well (less than 2 inches in diameter; 7 pounds)
- ☐ 0.8 cup cilantro leaves fresh loosely packed
- ☐ 5 ounces ginger fresh finely grated peeled
- ☐ 2 teaspoons gelatin powder unflavored (from a)
- ☐ 1 tablespoon salt
- ☐ 2 serrano chiles fresh finely chopped (including seeds)
- ☐ 1 tablespoon sugar
- ☐ 4 pounds tomatoes ripe quartered

- ☐ 1 cup water

Equipment

- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ cheesecloth

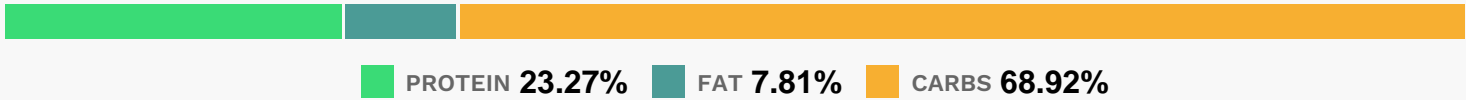
Directions

- ☐ Purée one fourth of tomatoes with ginger in a food processor until smooth, about 2 minutes.
- ☐ Transfer to a small heavy saucepan and simmer, covered, stirring occasionally, 5 minutes.
- ☐ Clean processor thoroughly, then purée remaining tomatoes in batches with chiles, salt, and sugar until smooth, 2 to 3 minutes.
- ☐ Transfer to a bowl and stir in cooked tomato ginger purée.
- ☐ Line a large sieve with stacked cheesecloth squares and set over a deep nonreactive pot or a large clean bucket. Carefully pour purée into center of cheesecloth. Gather sides of cheesecloth up over purée to form a large sack and tie sides together securely with string as close to purée as possible but without squeezing purée. Tie sack to a wooden spoon longer than diameter of pot and remove sieve. Set spoon across top of pot, suspending sack inside pot and leaving a couple of inches underneath sack so that it will not sit in any tomato water that accumulates. (Alternatively, transfer tomato water to another container as it accumulates.)
- ☐ Let sack hang 4 hours at room temperature.
- ☐ Bring 1 cup water to a boil in a 7- to 8-quart heavy pot.
- ☐ Add clams and cook, covered, over moderately high heat, until clams are opened wide, stirring and checking frequently after 6 minutes and transferring clams as opened to a bowl. (Discard

any clams that have not opened after 10 minutes.) When cool enough to handle, shuck clams.

- ☐ Discard cheesecloth sack and its contents without squeezing.
- ☐ Pour tomato water through large sieve lined with a dampened paper towel into a bowl. Measure out 4 cups tomato water and reserve remainder for another use.
- ☐ Transfer 1/2 cup tomato water to a small saucepan, then sprinkle with gelatin and let soften 1 minute.
- ☐ Heat over low heat, stirring, just until gelatin is dissolved, then stir into remaining 3 1/2 cups tomato water.
- ☐ Arrange glasses on trays and put 1 or 2 cilantro leaves in each, then a clam, and then 1 or 2 more cilantro leaves.
- ☐ Add about 1 tablespoon tomato water to each glass (stir water each time so gelatin remains well distributed) and chill, loosely covered with plastic wrap, at least 3 hours. (Gelatin will be thickened but not set; it needs to slide easily out of glass.)
- ☐ Tomato water (without gelatin) can be made 2 days ahead.
- ☐ Pour through paper-towel-lined sieve, then chill, covered. Shooters can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:1.5243478404439%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 9.82kcal (0.49%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.04g (1.16%), Cholesterol: 0.41mg (0.14%), Sodium: 119.42mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin A: 271.32IU (5.43%), Vitamin C: 4.4mg (5.34%), Vitamin K: 3.04µg (2.89%), Vitamin B12: 0.15µg (2.54%), Potassium: 83.79mg (2.39%), Manganese: 0.04mg (2.14%), Fiber: 0.42g (1.69%), Vitamin B6: 0.03mg (1.47%), Copper: 0.03mg (1.41%), Folate: 5.07µg (1.27%), Vitamin E: 0.19mg (1.23%), Magnesium: 4.77mg (1.19%), Phosphorus: 10.96mg (1.1%), Vitamin B3: 0.21mg (1.04%)