



Crispy Enoki and Onion Fritters with Thai Curry Mayo



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



4623 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 quarts canola oil
- ☐ 1 pinch ground pepper
- ☐ 1 tablespoon chives finely sliced
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs
- ☐ 7 ounce enoki mushrooms trimmed

- ☐ 0.3 cup flour
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 0.8 cup mayonnaise
- ☐ 1.5 cups onion finely sliced
- ☐ 0.5 teaspoon paprika
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon curry paste red
- ☐ 2 tablespoons rum

Equipment

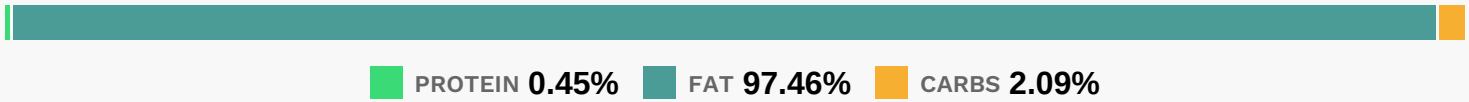
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wok
- ☐ dutch oven
- ☐ deep fryer

Directions

- ☐ Adjust oven rack to center position and preheat oven to 200°F.
- ☐ Whisk together mayonnaise, curry paste, and lime juice in a small bowl until homogenous. Set aside.
- ☐ Heat oil in a large wok, Dutch oven, or deep fryer to 325°F and adjust flame to maintain temperature.
- ☐ Combine mushrooms and onions in a large bowl and break apart with your fingers, tossing until thoroughly combined.

- ☐ Add flour, cornstarch, baking powder, paprika, cayenne, 1/2 teaspoon salt, and sesame seeds to bowl and toss until thoroughly combined.
- ☐ Whisk together egg and vodka.
- ☐ Add to bowl with mushrooms and work with your fingers until it comes together into a thick batter. The batter should flow slightly, but still be quite sticky. Depending on how moist your onions are, you may need to add up to 2 tablespoons more water.
- ☐ Using fingertips, pick up onion and mushroom mixture 2- to 3-tablespoons at a time and gently lower into hot oil. Do not crowd pan. You should be able to fit about half of mushroom mixture at a time. Fry, flipping and turning occasionally until deep golden brown and crisp all over, 4 to 6 minutes total.
- ☐ Transfer to a paper towel-lined baking sheet and season immediately with kosher salt. Keep warm in oven while you fry second batch in the same manner.
- ☐ Transfer to a serving plate, sprinkle with chives, and serve immediately with curry mayo.

Nutrition Facts



Properties

Glycemic Index:96.5, Glycemic Load:5.89, Inflammation Score:-8, Nutrition Score:18.109130465466%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg, Isorhamnetin: 3.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg, Quercetin: 12.23mg

Nutrients (% of daily need)

Calories: 4622.94kcal (231.15%), Fat: 507.38g (780.58%), Saturated Fat: 40.44g (252.76%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 21.36g (7.77%), Sugar: 3.34g (3.71%), Cholesterol: 64.14mg (21.38%), Sodium: 536.64mg (23.33%), Alcohol: 2.51g (100%), Alcohol %: 0.47% (100%), Protein: 5.28g (10.55%), Vitamin E: 84.43mg (562.88%), Vitamin K: 407.98µg (388.55%), Vitamin B3: 4.16mg (20.79%), Vitamin A: 854.86IU (17.1%), Vitamin B1: 0.23mg (15.23%), Folate: 60.74µg (15.18%), Selenium: 9.79µg (13.98%), Phosphorus: 138.19mg (13.82%), Vitamin B2: 0.23mg (13.48%), Fiber: 3.15g (12.58%), Manganese: 0.24mg (11.88%), Iron: 1.92mg (10.68%), Vitamin B5: 1.06mg (10.56%),

Copper: 0.2mg (9.81%), Potassium: 322.42mg (9.21%), Vitamin B6: 0.17mg (8.7%), Calcium: 81.57mg (8.16%),
Vitamin C: 6.34mg (7.68%), Magnesium: 26.07mg (6.52%), Zinc: 0.89mg (5.9%), Vitamin B12: 0.16µg (2.69%),
Vitamin D: 0.38µg (2.56%)