



Fried Mussels in Ouzo Batter

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup cornstarch
- 1 cup wine dry white
- 2 cups flour all-purpose
- 2 optional: lemon quartered
- 3 pounds mussels cleaned
- 6 servings unrefined sunflower oil for frying
- 1 cup ouzo (see Note)

- 1 pinch pepper red hot good to taste
- 6 servings roasted garlic
- 6 servings sea salt
- 2 cup seltzer water as needed

Equipment

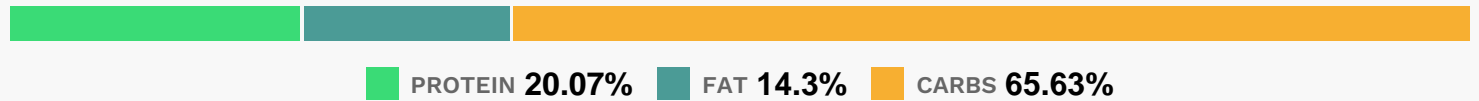
- bowl
- frying pan
- paper towels
- whisk
- pot
- tongs

Directions

- Place the mussels in a large pot over high heat and add the wine, if using. Cover and let the mussels steam for about 5 minutes, shaking the pot and stirring every now and then, until the shells open. Throw away the ones that stay closed. Shuck the mussels and discard the shells. Cover and refrigerate until needed, up to 3 hours.
- Add salt and Aleppo pepper to the mussels, dust with about 2 tablespoons cornstarch, and toss to coat lightly.
- Heat about 2 inches of olive oil in a skillet over medium-high heat.
- Mix the remaining 1 cup cornstarch, the flour, and the baking powder in a bowl.
- Add the ouzo and sparkling water, whisking to incorporate. It should be runny. If too thick, add a little more sparkling water.
- When the oil is very hot (about 350°F), dip a few mussels at a time in the batter, remove with tongs, and fry, turning them as they turn deep golden, about 1 minute total.
- Transfer to a plate lined with a double layer of paper towels to drain.
- Serve with lemon quarters and skordalia.
- Ouzo, Pernod, and raki are strong anise-flavored alcoholic drinks. If not available, substitute vodka or grappa, adding a pinch of ground star or green anise to the batter.

- Taste
- Book, using the USDA Nutrition Database
- From Mediterranean Hot and Spicy by Aglaia Kremezi Copyright (c) 2009 by Aglaia Kremezi Published by Broadway Books. Aglaia Kremezi is an internationally known expert on Greek cuisine and author of The Foods of Greece, which won the Julia Child Award from the International Association of Culinary Professionals for the best first cookbook. She has lectured around the world about Greek and Mediterranean food and runs a widely respected cooking school on the Greek island of Kea.

Nutrition Facts



Properties

Glycemic Index:50.42, Glycemic Load:26.51, Inflammation Score:-7, Nutrition Score:27.564782715362%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.2mg, Hesperetin: 10.2mg, Hesperetin: 10.2mg, Hesperetin: 10.2mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 498.04kcal (24.9%), Fat: 5.94g (9.13%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 61.3g (20.43%), Net Carbohydrates: 58.9g (21.42%), Sugar: 1.43g (1.59%), Cholesterol: 32.39mg (10.8%), Sodium: 689.15mg (29.96%), Alcohol: 17.48g (100%), Alcohol %: 5.65% (100%), Protein: 18.74g (37.48%), Vitamin B12: 13.88µg (231.33%), Manganese: 4.34mg (217.24%), Selenium: 67.16µg (95.94%), Iron: 7.15mg (39.74%), Vitamin B1: 0.54mg (35.8%), Vitamin C: 29.27mg (35.48%), Phosphorus: 324.05mg (32.4%), Folate: 129.28µg (32.32%), Vitamin B2: 0.47mg (27.47%), Vitamin B3: 4.42mg (22.09%), Zinc: 2.36mg (15.7%), Potassium: 508.47mg (14.53%), Magnesium: 57.94mg (14.49%), Calcium: 137.6mg (13.76%), Vitamin E: 1.87mg (12.49%), Copper: 0.22mg (10.84%), Fiber: 2.4g (9.59%), Vitamin B5: 0.87mg (8.65%), Vitamin B6: 0.16mg (8.15%), Vitamin A: 198.2IU (3.96%)