



## Fritto Misto with Two Mustard Sauce

READY IN



47 min.

SERVINGS



8

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup arborio rice uncooked
- 8 servings buttermilk for moistening
- 1 pound calamari cleaned (not giant squid)
- 8 servings canola oil for deep-frying
- 0.3 cup champagne vinegar
- 0.3 cup dijon mustard
- 1 medium fennel bulb sliced lengthwise
- 3 cups flour all-purpose
- 0.3 cup dijon honey mustard

- 1 optional: lemon very thinly sliced (discard ends)
- 2 cups mushrooms assorted cleaned trimmed sliced
- 1 teaspoon pepper freshly ground
- 2 tablespoons salt
- 8 servings sea salt
- 1 cup semolina
- 1 teaspoon shallots minced
- 2 teaspoons mustard seeds black yellow toasted

## Equipment

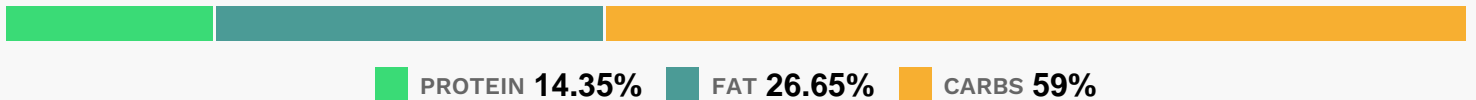
- bowl
- paper towels
- oven
- whisk
- pot
- blender
- deep fryer

## Directions

- Whisk together mustards, vinegar, mustard seeds, and shallots.
- Add salt, to taste.
- Grind the rice in a blender until very fine. In a bowl, stir together the ground rice, semolina, flour, salt, and pepper.
- Heat several inches of oil to 375 degrees F in a deep fryer or a wide, deep, heavy pot. Preheat the oven to 200 degrees F.
- Slit the calamari bodies open so they lie flat.
- Place calamari (bodies and tentacles), mushrooms, fennel, and lemon in separate bowls. Toss each with enough buttermilk to moisten them. Dip the calamari generously in the rice batter, using enough to fully coat.

- Working in batches (it's important not to overcrowd the pot), fry until golden brown and crisp, and then transfer to a tray lined with paper towels. Season immediately with salt.
- Transfer to a low oven to keep warm. Repeat with remaining calamari.
- Coat and fry the mushrooms, fennel, and lemon slices in the same way, working in batches and transferring them to the low oven as they are done.
- Put a generous pool of mustard sauce on each plate, then top with an assortment of fried squid, mushrooms, fennel, and lemon.

## Nutrition Facts



### Properties

Glycemic Index:54.81, Glycemic Load:50.34, Inflammation Score:-7, Nutrition Score:27.100869770931%

### Flavonoids

Eriodictyol: 3.2mg, Eriodictyol: 3.2mg, Eriodictyol: 3.2mg, Eriodictyol: 3.2mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

### Nutrients (% of daily need)

Calories: 563.2kcal (28.16%), Fat: 16.44g (25.29%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 81.86g (27.29%), Net Carbohydrates: 76.95g (27.98%), Sugar: 4.43g (4.92%), Cholesterol: 132.22mg (44.07%), Sodium: 2148.75mg (93.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.83%), Selenium: 71.37µg (101.95%), Copper: 1.35mg (67.51%), Folate: 200.15µg (50.04%), Vitamin B1: 0.74mg (49.61%), Manganese: 0.9mg (45.1%), Vitamin B2: 0.72mg (42.11%), Vitamin B3: 7.45mg (37.24%), Iron: 5.25mg (29.19%), Phosphorus: 284.9mg (28.49%), Vitamin K: 29.1µg (27.72%), Vitamin E: 3.48mg (23.22%), Fiber: 4.91g (19.65%), Vitamin C: 13.99mg (16.95%), Magnesium: 61.48mg (15.37%), Vitamin B5: 1.43mg (14.3%), Potassium: 493.43mg (14.1%), Zinc: 2.01mg (13.39%), Vitamin B12: 0.75µg (12.52%), Vitamin B6: 0.18mg (8.91%), Calcium: 60.57mg (6.06%), Vitamin A: 71.5IU (1.43%)