



Hammed-Up Fritters with Manchego Cheese Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pinch pepper black freshly ground
- 2 teaspoons pepper black freshly ground
- 1 teaspoon chicken bouillon
- 0.7 cups chicken stock see
- 3 tablespoons chives minced
- 2 eggs beaten
- 1.5 tablespoons flour all-purpose
- 2 jalapeños minced seeded

- 1 pinch kosher salt
- 1 cup manchego cheese shredded
- 1 cup milk
- 2 tablespoons olive oil
- 1 onion finely chopped
- 4 servings vegetable oil; peanut oil preferred for frying
- 2 teaspoons salt
- 0.7 cup self-rising flour
- 1.5 cups serrano ham minced
- 2 shallots minced
- 0.5 teaspoon paprika smoked
- 1 teaspoon paprika smoked
- 0.5 cup cup heavy whipping cream sour

Equipment

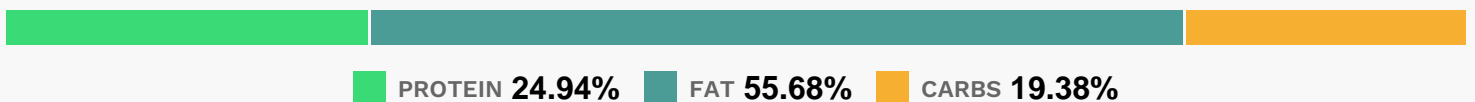
- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- pot

Directions

- Watch how to make this recipe.
- In a deep-fryer or heavy-bottomed pot, heat enough peanut oil to come halfway up the sides of the pot, to 350 degrees F.
- In a large bowl add the flour, smoked paprika and chicken stock and chives.
- Whisk well to form a thick batter. Stir in the 2 beaten eggs and a pinch of salt and pepper.

- In a large saute pan over medium-high heat, add the olive oil and fry the minced ham and onion until nicely browned, about 3 minutes. Allow the ham and onion to cool in the pan. Once cooled, add ham mixture along with any oil to the batter. Season the batter with more salt and pepper. In batches and using a small scoop or a large tablespoon, drop 5 or 6 scoops of batter into the oil and fry until well browned, turning once, about 2 to 3 minutes.
- Drain on brown paper or paper towels and repeat with the remaining batter.
- Transfer the fritters to a serving platter and serve with Manchego Cheese Sauce on the side.
- Heat the olive oil in small saucepan, then add the shallots, jalapeno, salt, and pepper. Cook over medium heat for about 4 minutes to soften the shallots.
- Add the flour and mix to form a roux. Stir in the milk and bouillon, whisking well to blend.
- Whisk in the cheese and combine well. Reduce the heat to low and add smoked paprika and sour cream.
- Whisk to combine and serve warm with fritters.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:13.75, Inflammation Score:-7, Nutrition Score:13.671739018482%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 596.52kcal (29.83%), Fat: 37.4g (57.54%), Saturated Fat: 14.61g (91.34%), Carbohydrates: 29.29g (9.76%), Net Carbohydrates: 27.08g (9.85%), Sugar: 7.27g (8.08%), Cholesterol: 171.72mg (57.24%), Sodium: 2725.64mg (118.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.4%), Calcium: 444.4mg (44.44%), Selenium: 19.52µg (27.89%), Vitamin A: 1103.19IU (22.06%), Manganese: 0.43mg (21.44%), Vitamin B2: 0.32mg (18.94%), Phosphorus: 183.68mg (18.37%), Vitamin E: 2.41mg (16.07%), Vitamin C: 12.99mg (15.75%), Vitamin K: 13.64µg (12.99%), Vitamin B6: 0.25mg (12.37%), Iron: 2.14mg (11.9%), Potassium: 360.67mg (10.3%), Folate: 40.37µg (10.09%), Vitamin B12: 0.59µg (9.76%), Vitamin B5: 0.9mg (8.98%), Fiber: 2.22g (8.87%), Vitamin B1: 0.13mg (8.65%), Magnesium: 30.77mg (7.69%), Vitamin D: 1.11µg (7.41%), Zinc: 1.05mg (6.99%), Vitamin B3: 1.36mg (6.81%),

Copper: 0.13mg (6.68%)