



Lobster-and-Corn Fritters

READY IN



60 min.

SERVINGS



1

CALORIES



1705 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup basil leaves
- ☐ 0.8 cup buttermilk
- ☐ 2 tablespoons chives minced
- ☐ 1 ear of corn
- ☐ 1 large eggs separated (large)
- ☐ 1 cup flour all-purpose
- ☐ 1 serving lemon wedges for serving

- ☐ 1 pd of lobster
- ☐ 0.5 cup mayonnaise
- ☐ 1 serving pepper freshly ground
- ☐ 1 serving salt
- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 serving vegetable oil for frying

Equipment

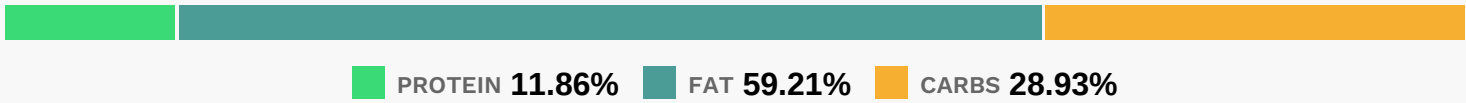
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ slotted spoon
- ☐ kitchen scissors

Directions

- ☐ Bring a large saucepan of water to a boil. Plunge the lobster into the boiling water head first and cook until bright red all over, about 6 minutes.
- ☐ Transfer the lobster to a large rimmed baking sheet and let cool. Twist the tail from the lobster body and break off the claws. With scissors, cut down the tail shell and remove the meat.
- ☐ Cut down the center of the tail and remove the dark intestinal vein. Crack the claws and knuckles and remove the meat. Coarsely chop the lobster meat and refrigerate.
- ☐ In a small saucepan of boiling water, blanch the basil for 30 seconds.
- ☐ Drain and rinse under cold running water. Squeeze the excess water from the basil and transfer the basil to a blender.
- ☐ Add the mayonnaise and puree.

- ☐ Transfer to a bowl and season with salt and pepper. Refrigerate the basil mayonnaise until lightly chilled.
- ☐ In a large bowl, whisk together the flour, baking powder, baking soda and 1/2 teaspoon of salt. In a small bowl, whisk the buttermilk with the egg yolk. Make a well in the center of the dry ingredients and add the buttermilk mixture. Stir lightly, then fold in the lobster, corn, chives and melted butter. In a medium bowl, whisk the egg white to soft peaks and fold it into the batter.
- ☐ Preheat the oven to 35
- ☐ In a large saucepan, heat 1 1/2 inches of oil to 32
- ☐ Drop four to five 2-tablespoon-size dollops of batter into the hot oil and fry, turning once, until golden brown, about 2 minutes. With a slotted spoon, transfer the fritters to paper towels to drain; season with salt.
- ☐ Transfer the fritters to a baking sheet and keep warm in the oven while you fry the rest.
- ☐ Serve right away, with the basil mayonnaise and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:420.5, Glycemic Load:72.72, Inflammation Score:-9, Nutrition Score:52.894347646962%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 1705.41kcal (85.27%), Fat: 112.16g (172.55%), Saturated Fat: 26.44g (165.23%), Carbohydrates: 123.3g (41.1%), Net Carbohydrates: 117.72g (42.81%), Sugar: 15.76g (17.51%), Cholesterol: 442.96mg (147.65%), Sodium: 2475.41mg (107.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.54g (101.08%), Vitamin K: 252.77µg (240.73%), Selenium: 147.88µg (211.26%), Copper: 2.09mg (104.53%), Vitamin B1: 1.27mg (84.78%), Folate: 332.26µg (83.06%), Phosphorus: 751.18mg (75.12%), Vitamin B2: 1.27mg (74.42%), Manganese: 1.27mg (63.66%), Vitamin B3: 11.33mg (56.66%), Calcium: 518.81mg (51.88%), Vitamin B12: 3.01µg (50.1%), Zinc: 7.38mg (49.2%), Vitamin B5: 4.72mg (47.25%), Iron: 8.48mg (47.1%), Vitamin E: 6.22mg (41.49%), Vitamin A: 2057.95IU (41.16%), Magnesium:

145.08mg (36.27%), Potassium: 1022.82mg (29.22%), Vitamin D: 3.77µg (25.16%), Vitamin B6: 0.46mg (22.84%),
Fiber: 5.57g (22.3%), Vitamin C: 12.3mg (14.9%)