



Oyster Dressing

READY IN



90 min.

SERVINGS



8

CALORIES



413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk plus more if needed
- ☐ 4 stalks celery chopped
- ☐ 1 cup corn canned
- ☐ 1 teaspoon sage dried
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 2 eggs
- ☐ 2 large eggs lightly beaten

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 1 large onion chopped
- ☐ 5 ounces oyster crackers crushed
- ☐ 1 pint dozens oysters with liquor
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups cornmeal yellow

Equipment

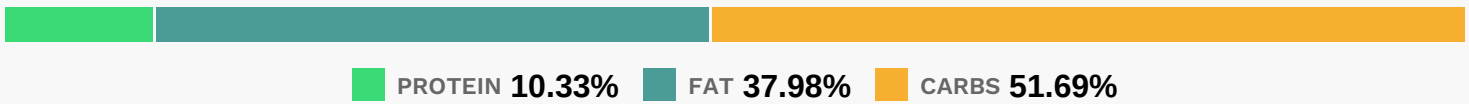
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ The day before making the stuffing, bake the cornbread: Preheat the oven to 425 degrees F and place a 10-inch cast-iron skillet in the oven. In a bowl, combine the cornmeal, salt, sugar, baking powder and baking soda.
- ☐ Whisk to combine well. In a large bowl, combine the buttermilk, eggs and creamed corn, whisking to combine thoroughly.
- ☐ Add the dry ingredients to the buttermilk mixture and stir to combine. If the batter will not pour, add more buttermilk.
- ☐ Swirl the vegetable oil in the hot cast-iron skillet.
- ☐ Pour the batter into the skillet and bake until the cornbread is golden brown and springs back upon the touch, about 20 minutes.

- ☐ Let cool in the skillet, then crumble 6 cups of the cornbread and spread out on a bakingsheet.
- ☐ Let the cornbread dry out at room temperature, uncovered, about 24 hours.
- ☐ Make the stuffing: Preheat the oven to 350 degrees F.
- ☐ Heat the vegetable oil in a 12-inch cast-iron skillet over medium-high heat.
- ☐ Add the onion, celery, salt and pepper. Cook, stirring frequently, until the onion and celery are semitranslucent, about 15 minutes.
- ☐ Remove the skillet from the heat; add the crumbled cornbread, oyster crackers, thyme and sage and stir well. Next, add the oysters with their liquor and the eggs; stir until combined. Pat the mixture down into an even layer.
- ☐ Put the skillet on the middle rack of the oven and bake until golden brown and crisp around the edges, about 30 to 35 minutes.
- ☐ Photograph by Linda Pugliese

Nutrition Facts



Properties

Glycemic Index:44.07, Glycemic Load:19.53, Inflammation Score:-6, Nutrition Score:15.923478313114%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 412.56kcal (20.63%), Fat: 17.62g (27.11%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 48.61g (17.68%), Sugar: 6.03g (6.7%), Cholesterol: 93.09mg (31.03%), Sodium: 949.05mg (41.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Vitamin K: 33.05µg (31.47%), Zinc: 4.34mg (28.92%), Manganese: 0.52mg (25.98%), Phosphorus: 234.23mg (23.42%), Fiber: 5.35g (21.39%), Selenium: 14.03µg (20.04%), Vitamin B1: 0.29mg (19.32%), Iron: 3.43mg (19.04%), Vitamin B2: 0.32mg (18.95%), Folate: 75.3µg (18.82%), Vitamin B6: 0.36mg (18.07%), Copper: 0.35mg (17.42%), Magnesium: 63.86mg (15.97%), Vitamin B12: 0.88µg (14.68%), Calcium: 133.25mg (13.32%), Vitamin B3: 2.63mg (13.13%), Vitamin E: 1.6mg (10.67%), Potassium: 362.15mg (10.35%), Vitamin B5: 0.94mg (9.39%), Vitamin A: 301.24IU (6.02%), Vitamin D: 0.86µg (5.73%), Vitamin C: 3.42mg (4.14%)