



Reuben Fritters

READY IN



445 min.

SERVINGS



100

CALORIES



392 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 100 servings buttermilk for dredging
- ☐ 8 pound corned beef brisket raw
- ☐ 3 pounds cream cheese
- ☐ 8 ounces dijon mustard
- ☐ 1.5 ounces mustard dry
- ☐ 100 servings flour for coating
- ☐ 6 ounces horseradish fresh (if possible)
- ☐ 100 servings parsley fresh chopped for coating
- ☐ 1 tablespoon sea salt

- ☐ 1 pound honey
- ☐ 4 cups mayonnaise
- ☐ 100 servings panko breadcrumbs for coating
- ☐ 4 ounces rice vinegar
- ☐ 3 cups sauerkraut
- ☐ 2 pounds swiss cheese diced shredded
- ☐ 100 servings vegetable oil for deep-frying
- ☐ 4 ounces whole-grain mustard with stout

Equipment

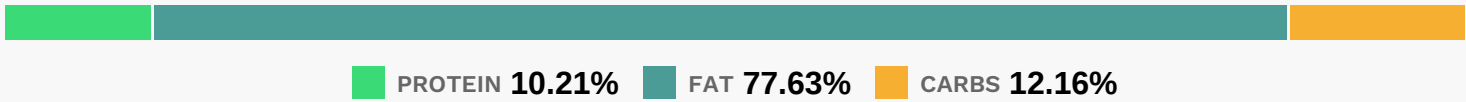
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: a deep-frying thermometer
- ☐ Preheat the oven to 400 degrees F.
- ☐ Place the brisket in a large pan with the pickling seasoning and enough water to fill the pan halfway. Cover and cook for 3 hours.
- ☐ Let cool partially, and then refrigerate to cool completely (for at least 3 hours total if you cut the brisket into pieces, or overnight if cooling it whole).
- ☐ Dice the brisket and puree in a food processor until a paste forms (some chunks are fine).
- ☐ Add the sauerkraut, cream cheese and Swiss cheese and mix well. Shape the mixture into little spheres the size of golf balls; set aside.
- ☐ In a large heavy-bottomed saucepan, pour enough vegetable oil to fill the pan about a third of the way.

- ☐
- Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F.
- ☐
- In three separate containers put the flour, buttermilk and panko breadcrumbs mixed with fresh parsley. Take a sphere and coat in the flour, dredge in the buttermilk and then coat in the breadcrumbs. Repeat with the remaining spheres. Fry in batches--making sure all the fritters are submerged--until golden brown, 3 to 5 minutes.
- ☐
- Serve the fritters with the Whole-Grain Honey Mustard Horseradish Dipping Sauce on the side.
- ☐
- Mix together the mayonnaise, honey, Dijon mustard, horseradish, whole-grain mustard, rice vinegar, dry mustard and granulated garlic in a large bowl.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:6.44, Inflammation Score:-5, Nutrition Score:12.723043450195%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 392.43kcal (19.62%), Fat: 34.07g (52.41%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.29g (4.11%), Sugar: 4.61g (5.12%), Cholesterol: 45.65mg (15.22%), Sodium: 634.67mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.16%), Vitamin K: 107.08µg (101.98%), Selenium: 15.97µg (22.81%), Vitamin C: 15.81mg (19.17%), Vitamin B12: 0.97µg (16.14%), Phosphorus: 132.5mg (13.25%), Vitamin A: 605.8IU (12.12%), Zinc: 1.69mg (11.29%), Vitamin E: 1.69mg (11.24%), Calcium: 111.78mg (11.18%), Vitamin B2: 0.17mg (10.02%), Vitamin B3: 1.96mg (9.8%), Iron: 1.49mg (8.26%), Vitamin B6: 0.14mg (7.02%), Vitamin B1: 0.1mg (6.95%), Folate: 27.31µg (6.83%), Manganese: 0.11mg (5.63%), Potassium: 186.28mg (5.32%), Magnesium: 17.49mg (4.37%), Vitamin B5: 0.42mg (4.18%), Copper: 0.08mg (3.97%), Fiber: 0.72g (2.87%)