



WHATSheATE



## Serious Eats' Fried Oysters with Tartar Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



6193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup capers minced drained
- ☐ 0.3 cup pickled cucumbers / gherkins finely ( 8)
- ☐ 0.5 cup cornmeal
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons kosher salt plus more for seasoning
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise

- ☐ 1 teaspoon paprika
- ☐ 2 tablespoons flat parsley italian chopped
- ☐ 2 quarts vegetable oil; peanut oil preferred
- ☐ 1 teaspoon peppercorns black
- ☐ 2 tablespoons shallots minced
- ☐ 24 dozens oysters drained
- ☐ 0.5 teaspoon worcestershire sauce

## Equipment

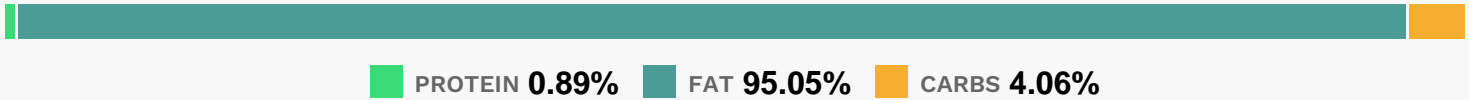
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ wok
- ☐ dutch oven

## Directions

- ☐ Combine the mayonnaise, shallot, capers, pickles, lemon juice, Worcestershire sauce, parsley, and black pepper in a small bowl and stir to combine. Set aside.
- ☐ Whisk together the eggs and 3 tablespoons of the flour in a medium bowl. The mixture should have the consistency of thick pancake batter.
- ☐ Add up to 1 additional tablespoon of flour to thicken, if necessary. In a separate medium bowl, whisk together the remaining 1 cup flour, the cornmeal, black pepper, 2 teaspoons salt, and the paprika.
- ☐ Heat the oil in a Dutch oven or wok to 350°F.
- ☐ Add the drained oysters to the egg mixture and turn to thoroughly coat them. Allow the excess batter to drip back into the bowl before the next step. Hold the bowl with the flour mixture in one hand, and, tossing the contents constantly, add the oysters to the flour one at a time with your other hand. The oysters should remain separated inside the bowl with the flour mixture.
- ☐ Carefully add the oysters to the oil one at a time and fry, agitating constantly, until they are light golden brown and crisp, about 1 minute.

- ☐
- Transfer to a paper towel-lined plate to drain, and season immediately with salt.
- ☐
- Serve immediately with the tartar sauce.

# Nutrition Facts



## Properties

Glycemic Index:100.83, Glycemic Load:40.89, Inflammation Score:-9, Nutrition Score:28.456956593887%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 19.19mg, Kaempferol: 19.19mg, Kaempferol: 19.19mg, Kaempferol: 19.19mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 25.18mg, Quercetin: 25.18mg, Quercetin: 25.18mg, Quercetin: 25.18mg

## Nutrients (% of daily need)

Calories: 6193kcal (309.65%), Fat: 664.57g (1022.42%), Saturated Fat: 112.52g (703.28%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 58.29g (21.2%), Sugar: 1.92g (2.14%), Cholesterol: 144.16mg (48.05%), Sodium: 2422.24mg (105.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.07g (28.15%), Vitamin E: 101.23mg (674.84%), Vitamin K: 122.08µg (116.27%), Selenium: 32.93µg (47.04%), Zinc: 6.29mg (41.96%), Manganese: 0.81mg (40.43%), Vitamin B1: 0.52mg (34.75%), Folate: 133.43µg (33.36%), Iron: 5.47mg (30.38%), Copper: 0.59mg (29.68%), Vitamin B2: 0.49mg (28.78%), Vitamin B12: 1.32µg (22.02%), Fiber: 5.43g (21.72%), Phosphorus: 214.54mg (21.45%), Vitamin B3: 4.09mg (20.47%), Vitamin A: 816.17IU (16.32%), Vitamin B6: 0.29mg (14.58%), Magnesium: 58.23mg (14.56%), Vitamin B5: 1.06mg (10.64%), Potassium: 302.57mg (8.64%), Vitamin C: 5.62mg (6.81%), Calcium: 59.8mg (5.98%), Vitamin D: 0.74µg (4.94%)