



WHATSheATE

Shrimp and Oyster Po' Boys

READY IN



92 min.

SERVINGS



6

CALORIES



1150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 1 pinch cayenne
- ☐ 0.5 cup cornichons roughly chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1.5 tablespoons garlic powder
- ☐ 2 cups ground cornmeal fine
- ☐ 2 tablespoons louisiana hot sauce
- ☐ 2 tablespoons hot sauce plus more for sandwich

- ☐ 6 servings iceberg lettuce shredded finely
- ☐ 0.5 juice of lemon juiced
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings lemon wedges
- ☐ 2 cups mayonnaise
- ☐ 1.5 tablespoons onion powder
- ☐ 24 medium dozens oysters
- ☐ 6 servings vegetable oil; peanut oil preferred for deep-frying
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 1.5 teaspoons paprika smoked
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 2 hoagie rolls soft
- ☐ 1 slices tomatoes

Equipment

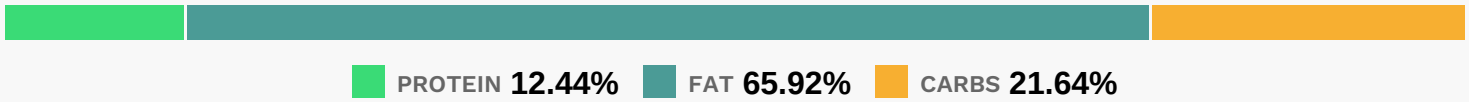
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, soak the oysters and shrimp in a mixture of buttermilk and hot sauce for 20 to 30 minutes. In a shallow dish, whisk, together the cornmeal, onion powder, garlic powder, paprika and cayenne.

- ☐ In a deep-fryer or heavy-bottomed pot, heat enough oil to come halfway up the sides of the pot, to 375 degrees F.
- ☐ Drain the oysters and shrimp and toss them in the seasoned cornmeal. Working in batches, fry the oysters and shrimp until golden and crispy, about 3 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels. Season with salt, to taste.
- ☐ Split the rolls and smear with Creole mayonnaise. Line with plenty of shredded lettuce and tomato slices. Top with fried oysters and shrimp.
- ☐ Cut each roll into 2 to 3 pieces.
- ☐ Serve with hot sauce and a wedge of lemon.
- ☐ Combine all the ingredients well in a large mixing bowl. Cover and refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:77.67, Glycemic Load:32.81, Inflammation Score:-8, Nutrition Score:27.563912909964%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 1150.3kcal (57.51%), Fat: 84.86g (130.55%), Saturated Fat: 17.25g (107.79%), Carbohydrates: 62.66g (20.89%), Net Carbohydrates: 55.18g (20.07%), Sugar: 10.41g (11.57%), Cholesterol: 247.59mg (82.53%), Sodium: 1428.49mg (62.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.08%), Vitamin K: 173.43µg (165.17%), Phosphorus: 521.33mg (52.13%), Copper: 0.84mg (42.1%), Zinc: 6.25mg (41.65%), Iron: 7.09mg (39.42%), Vitamin E: 5.49mg (36.62%), Magnesium: 124.37mg (31.09%), Manganese: 0.61mg (30.27%), Fiber: 7.48g (29.91%), Vitamin A: 1313.01IU (26.26%), Calcium: 248.9mg (24.89%), Potassium: 870.52mg (24.87%), Vitamin B6: 0.48mg (24.13%), Vitamin B1: 0.28mg (18.63%), Vitamin B2: 0.32mg (18.6%), Selenium: 12.09µg (17.27%), Vitamin B12: 1.03µg (17.14%), Vitamin C: 13.8mg (16.72%), Folate: 60.73µg (15.18%), Vitamin B5: 1.05mg (10.48%), Vitamin B3: 1.74mg (8.68%), Vitamin D: 1.19µg (7.93%)