



Soft Shell Crabs with Corn Relish, Field Greens and Roasted Red Pepper Sauce

READY IN



90 min.

SERVINGS



4

CALORIES



4559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces asparagus sliced into 1/2-inch pieces
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cider vinegar
- ☐ 4 ounces cider vinegar
- ☐ 1 cup club soda
- ☐ 2 ounces cornstarch
- ☐ 0.5 tablespoon mustard dry
- ☐ 2 ears corn husked

- ☐ 4 egg whites beaten
- ☐ 8 ounces flour all-purpose
- ☐ 1 green onion thinly sliced
- ☐ 2 cups field greens mixed for garnish
- ☐ 0.3 teaspoon fennel powder
- ☐ 0.3 cup heavy cream
- ☐ 1 small jalapeño diced , without seeds
- ☐ 2 ounces juice of lemon
- ☐ 2 tablespoons brown sugar light
- ☐ 4 ounces mushrooms sliced
- ☐ 2 tablespoons olive oil
- ☐ 1 quart vegetable oil; peanut oil preferred
- ☐ 1 Dash pepper sauce hot
- ☐ 8 small shell crabs soft cleaned
- ☐ 0.3 cup bell pepper diced red
- ☐ 0.5 cup roasted pepper puree red
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt to taste
- ☐ 4 shallots diced
- ☐ 8 ounces butter unsalted cubed
- ☐ 1 teaspoon worcestershire sauce

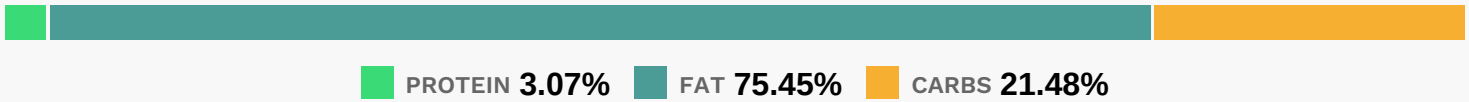
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a deep saucepan, heat peanut oil to 350 degrees F.
- ☐ In a large bowl, whisk together flour, cornstarch, pepper, fennel and salt.
- ☐ Whisk in club soda and egg whites to form a smooth batter. Dip soft shell crabs in batter and fry in batches until golden brown, about 4 minutes per batch.
- ☐ Drain on paper towels.
- ☐ Serve crabs with Corn Relish.
- ☐ Drizzle with Roasted Red Pepper Sauce and garnish with a pile of greens.
- ☐ Steam corn kernels until crisp-tender, about 3 to 5 minutes, set aside.
- ☐ Cut the kernels from the cob into a mixing bowl.
- ☐ In a large skillet, heat olive oil over medium-high heat.
- ☐ Add asparagus and mushrooms, cook until mushrooms give off their liquid and start to brown, about 3 to 5 minutes.
- ☐ Add red pepper, jalapeno and green onion. Cook just until scallions wilt, about 2 minutes.
- ☐ Add remaining ingredients, bring to a boil. Stir in corn mixture and cook until corn is heated through.
- ☐ Combine pepper puree, shallots, and vinegar in a non-reactive saucepan. Bring to a simmer and simmer until shallots are tender.
- ☐ Add cream and stir to combine.
- ☐ Add lemon juice and whisk in butter, 1 piece at a time, until sauce is smooth and thickened. Season with salt, to taste.

Nutrition Facts



Properties

Glycemic Index:94.25, Glycemic Load:33.02, Inflammation Score:-10, Nutrition Score:49.162174048631%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 4558.74kcal (227.94%), Fat: 385.44g (592.98%), Saturated Fat: 101.54g (634.64%), Carbohydrates: 246.8g (82.27%), Net Carbohydrates: 233.4g (84.87%), Sugar: 13.73g (15.26%), Cholesterol: 138.71mg (46.24%), Sodium: 2231.64mg (97.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.68%), Vitamin E: 41.84mg (278.96%), Manganese: 2.8mg (139.83%), Vitamin B1: 1.56mg (103.69%), Folate: 410.33µg (102.58%), Vitamin B3: 15.11mg (75.54%), Iron: 13.53mg (75.15%), Selenium: 51.84µg (74.06%), Vitamin B2: 1.25mg (73.26%), Fiber: 13.4g (53.6%), Vitamin A: 2565.48IU (51.31%), Vitamin C: 42.14mg (51.07%), Vitamin K: 52.07µg (49.59%), Phosphorus: 454.34mg (45.43%), Copper: 0.6mg (30.01%), Potassium: 977.31mg (27.92%), Magnesium: 111.27mg (27.82%), Vitamin B5: 2.77mg (27.69%), Vitamin B6: 0.48mg (24.19%), Zinc: 2.88mg (19.23%), Calcium: 145.94mg (14.59%), Vitamin D: 1.15µg (7.63%), Vitamin B12: 0.16µg (2.64%)