



Stone Crab with Mustard Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup canola oil
- ☐ 0.5 teaspoon ground pepper
- ☐ 5 pounds surimi crab sticks
- ☐ 1 tablespoon dijon mustard
- ☐ 3 tablespoons ground mustard dry
- ☐ 2 large egg yolk
- ☐ 1 small clove garlic minced peeled
- ☐ 1 juice of lemon

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 small shallots minced peeled
- ☐ 0.5 teaspoon sugar (see Cooks' Note)

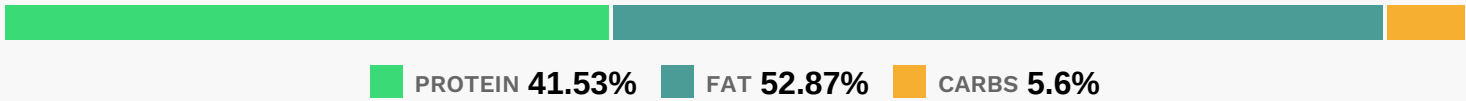
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ramekin

Directions

- ☐ In a small bowl, whisk together the dry mustard, sugar, and 2 tablespoons warm water; let stand 5 minutes.In a small sauté pan over moderate heat, warm 2 tablespoons of the oil.
- ☐ Add the garlic and shallot and sauté, stirring occasionally, for 1 minute.
- ☐ In a large bowl using a balloon whisk, whip the egg yolks for 1 minute to lighten them.
- ☐ Whisk in the lemon juice, Dijon mustard, salt, and cayenne pepper.
- ☐ Add the dry-mustard mixture, along with the garlic and shallots, and stir until blended. Gradually drizzle in the remaining 3/4 cup plus 2 tablespoons oil, whisking to combine. Cover and chill at least 20 minutes before serving. DO AHEAD: The mustard sauce can be prepared ahead and stored, covered in the refrigerator, up to 24 hours.
- ☐ Serve
- ☐ Serve the mustard sauce in small bowls or ramekins, alongside the stone crab claws.
- ☐ Turbinado sugar is raw sugar that has been steam-cleaned. The coarse crystals are blond in color, with a delicate molasses flavor. Demerara sugar, light brown sugar, or raw sugar can be substituted.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:9.7082608730897%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 94.07kcal (4.7%), Fat: 5.47g (8.41%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.47g (0.53%), Cholesterol: 50.44mg (16.81%), Sodium: 604.35mg (26.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.33%), Vitamin B12: 4.31µg (71.79%), Selenium: 22.91µg (32.73%), Copper: 0.45mg (22.63%), Zinc: 3mg (20.01%), Phosphorus: 131.82mg (13.18%), Magnesium: 30.93mg (7.73%), Folate: 28.8µg (7.2%), Vitamin E: 0.85mg (5.66%), Vitamin C: 4.63mg (5.61%), Vitamin B6: 0.1mg (4.92%), Manganese: 0.08mg (3.8%), Potassium: 123.09mg (3.52%), Calcium: 32.08mg (3.21%), Iron: 0.56mg (3.14%), Vitamin B3: 0.62mg (3.12%), Vitamin B1: 0.04mg (2.92%), Vitamin B5: 0.28mg (2.76%), Vitamin K: 2.87µg (2.74%), Vitamin B2: 0.04mg (2.49%), Vitamin A: 88.52IU (1.77%), Fiber: 0.34g (1.34%), Vitamin D: 0.15µg (1.02%)