



Tybee Grilled Rib-Eye with Fried Oysters

READY IN



45 min.

SERVINGS



4

CALORIES



1325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter cut into pieces
- ☐ 0.8 cup buttermilk
- ☐ 4 egg yolks
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 pound tasso ham diced spanish
- ☐ 0.5 cup heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 1 pinch paprika
- ☐ 1 pinch pepper

- ☐ 56 ounce rib-eye steaks bone-in
- ☐ 1 pinch salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 pound shucked oysters dry drained
- ☐ 1 pinch sugar
- ☐ 4 servings vegetable oil for frying
- ☐ 1 tablespoons vinegar white

Equipment

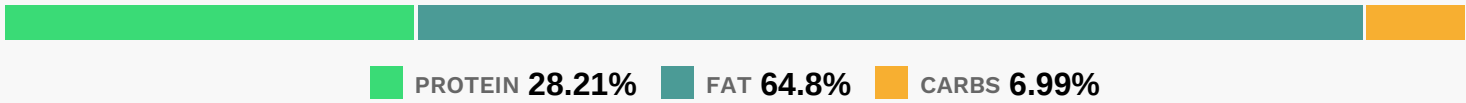
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ double boiler
- ☐ grill

Directions

- ☐ In the top of a double boiler over barely simmering water, combine the egg yolks, cream, butter, lemon juice, salt, and sugar. When the butter has melted, whisk the mixture until thick, 3 to 5 minutes.
- ☐ Remove it from the heat and stir in the vinegar and ham.
- ☐ In a heavy pot, over medium heat, add 3 inches of vegetable oil and heat to 350 degrees F.
- ☐ In a shallow bowl, combine the flour with the paprika, salt, and pepper. In a medium bowl, pour the buttermilk over the oysters. Lift the oysters out of the buttermilk, letting any excess drip off, and dredge them in the seasoned flour. Fry them in batches, turning them often, until golden, about 1 minute.
- ☐ Transfer to a paper towel lined plate to drain.
- ☐ Preheat the grill to a medium-high heat.
- ☐ Season the steaks with salt and pepper, to taste, and grill them over hot coals for 5 minutes per side, until the outside has a nice char and the inside is rare to medium-rare.

Transfer the steaks to serving plates and let them rest for 5 minutes. Top each steak with 4 oysters and a large dollop of hollandaise.

Nutrition Facts



Properties

Glycemic Index:88.77, Glycemic Load:13.82, Inflammation Score:-7, Nutrition Score:42.357825724975%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1324.63kcal (66.23%), Fat: 95.43g (146.82%), Saturated Fat: 44.6g (278.77%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 22.46g (8.17%), Sugar: 4.06g (4.51%), Cholesterol: 534.09mg (178.03%), Sodium: 611.09mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 93.48g (186.96%), Selenium: 125.7µg (179.58%), Zinc: 26.35mg (175.68%), Vitamin B12: 8.49µg (141.46%), Vitamin B3: 22.74mg (113.68%), Vitamin B6: 1.75mg (87.35%), Vitamin B2: 1.36mg (79.96%), Phosphorus: 780.18mg (78.02%), Iron: 9.34mg (51.89%), Vitamin B1: 0.67mg (44.62%), Potassium: 1325.43mg (37.87%), Copper: 0.72mg (35.97%), Magnesium: 103.59mg (25.9%), Vitamin A: 1210.59IU (24.21%), Folate: 87.55µg (21.89%), Vitamin D: 2.83µg (18.85%), Calcium: 139.81mg (13.98%), Vitamin K: 13.7µg (13.05%), Vitamin B5: 1.15mg (11.46%), Vitamin E: 1.71mg (11.39%), Manganese: 0.23mg (11.31%), Vitamin C: 3.08mg (3.73%), Fiber: 0.7g (2.78%)