

# Lucy Catherine Brimm's Pineapple Fritters

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## **Yield: 12 fritters**

### *BISCUIT DOUGH*

*2 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/3 cup vegetable shortening  
3/4 cup buttermilk*

### *FILLING*

*2 cans (8 ounce) crushed pineapple in  
own juice, drained and juice reserved  
3 tablespoons butter  
3 tablespoons sugar*

### *SAUCE*

*2 teaspoons cornstarch  
reserved pineapple juice  
1/4 cup butter  
1/4 teaspoon salt  
1/4 cup vegetable shortening*

Combine the flour, baking powder and salt. Cut in the shortening with a pastry blender or two knives. Stir in the buttermilk until a shaggy dough forms. Refrigerate for at least 15 minutes.

Turn the dough out onto a floured surface. Roll to a thickness of 1/8th inch. Cut in four-inch circles. Stretch or pat as thin as possible. Spoon about one tablespoon of pineapple onto half of each circle. Spoon about 1/2 teaspoon of butter on top of the pineapple. Sprinkle with 1/2 teaspoon of sugar. Fold the dough over to close and pinch the seam.

Melt two tablespoons of vegetable shortening in a large nonstick skillet. When hot, fry the fritters, a few at a time, until golden brown and crispy, about 6 minutes per side. Transfer to a paper-towel lined baking sheet and keep warm in a 200 degree oven. Add more shortening to the pan as needed and fry the remaining fritters.

To prepare the sauce: Mix the cornstarch and reserved pineapple juice in a small saucepan. When smooth, add the butter and salt. Cook over medium heat until the butter melts and the sauce thickens slightly. Serve with the fritters.

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Per Serving (excluding unknown items): 2939 Calories; 203g Fat (62.2% calories from fat); 33g Protein; 245g Carbohydrate; 7g Dietary Fiber; 224mg Cholesterol; 4080mg Sodium. Exchanges: 13 Grain(Starch); 1/2 Non-Fat Milk; 40 Fat; 3 Other Carbohydrates.

Breakfast

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	2939	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	62.2%	<b>Vitamin B12 (mcg):</b>	.5mcg
<b>% Calories from Carbohydrates:</b>	33.3%	<b>Thiamin B1 (mg):</b>	2.0mg
<b>% Calories from Protein:</b>	4.5%	<b>Riboflavin B2 (mg):</b>	1.5mg
<b>Total Fat (g):</b>	203g	<b>Folacin (mcg):</b>	397mcg
<b>Saturated Fat (g):</b>	99g	<b>Niacin (mg):</b>	15mg
<b>Monounsaturated Fat (g):</b>	77g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	17g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	224mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	245g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	7g	<b>Grain (Starch):</b>	13
<b>Protein (g):</b>	33g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	4080mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	575mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	1097mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	13mg	<b>Fat:</b>	40
<b>Zinc (mg):</b>	3mg	<b>Other Carbohydrates:</b>	3
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	3095IU		
<b>Vitamin A (r.e.):</b>	766RE		

**Nutrition Facts**

**Amount Per Serving**

**Calories** 2939                      **Calories from Fat:** 1828

		<b>% Daily Values*</b>
<b>Total Fat</b>	203g	313%
Saturated Fat	99g	497%
<b>Cholesterol</b>	224mg	75%
<b>Sodium</b>	4080mg	170%
<b>Total Carbohydrates</b>	245g	82%
Dietary Fiber	7g	27%
<b>Protein</b>	33g	
<b>Vitamin A</b>		62%
<b>Vitamin C</b>		3%
<b>Calcium</b>		110%
<b>Iron</b>		74%

\* Percent Daily Values are based on a 2000 calorie diet.