

Alton Brown's Oyster Dressing

Alton Brown

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Servings: 6

FOR THE CORNBREAD

2 cups yellow cornmeal
1 teaspoon Kosher salt
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1 cup buttermilk, plus more if needed
2 eggs
1 cup canned creamed corn
2 tablespoons vegetable oil

FOR THE STUFFING

1/4 cup vegetable oil
1 large onion, chopped
4 stalks celery, chopped
1/2 teaspoon Kosher salt
1/4 teaspoon freshly ground pepper
5 ounces oyster crackers, crushed
1 1/2 teaspoons dried thyme
1 teaspoon dried sage
1 pint small oysters with liquor
2 large eggs, lightly beaten

Preparation Time: 40 minutes

The day before making the stuffing, bake the cornbread. Preheat the oven to 425 degrees and place a ten-inch cast-iron skillet in the oven. In a bowl, combine the cornmeal, salt, sugar, baking powder and baking soda. Whisk to combine well. In a large bowl, combine the buttermilk, eggs and creamed corn, whisking to combine thoroughly. Add the dry ingredients to the buttermilk mixture and stir to combine. If the batter will not pour, add more buttermilk.

Swirl the vegetable oil in the cast-iron skillet. Pour the batter into the skillet and bake until the cornbread is golden brown and springs back upon the touch, about 20 minutes. Let cool in the skillet, then crumble six cups of the cornbread and spread out on a baking sheet. Let the cornbread dry out at room temperature, uncovered, for about twenty-four hours.

Make the stuffing: Preheat the oven to 350 degrees. Heat the vegetable oil in a twelve-inch cast-iron skillet over medium-high heat. Add the onion, celery, salt and pepper. Cook, stirring frequently, until the onion and celery are semitranslucent, about 15 minutes. Remove the skillet from the heat; add the crumbled cornbread, oyster crackers, thyme and sage and stir well. Next, add the oysters with their liquor and the eggs. Stir until combined. Pat the mixture down into an even layer.

Put the skillet on the middle rack of the oven and bake until golden brown and crisp around the edges, about 30 to 35 minutes.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 479 Calories; 21g Fat (39.5% calories from fat); 12g Protein; 60g Carbohydrate; 5g Dietary Fiber; 143mg Cholesterol; 1003mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	479	Vitamin B6 (mg):	.2mg
% Calories from Fat:	39.5%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	50.4%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	10.1%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	21g	Folacin (mcg):	82mcg
Saturated Fat (g):	4g	Niacin (mg):	4mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	143mg	% Daily Value*	n n%
Carbohydrate (g):	60g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	3 1/2
Protein (g):	12g	Lean Meat:	1/2
Sodium (mg):	1003mg	Vegetable:	1/2
Potassium (mg):	463mg	Fruit:	0
Calcium (mg):	209mg	Non-Fat Milk:	0
Iron (mg):	5mg	Fat:	3 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	4mg		
Vitamin A (i.u.):	422IU		
Vitamin A (r.e.):	74 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 479 Calories from Fat: 189

% Daily Values*

Total Fat	21g	32%
Saturated Fat	4g	18%
Cholesterol	143mg	48%
Sodium	1003mg	42%
Total Carbohydrates	60g	20%
Dietary Fiber	5g	20%
Protein	12g	
Vitamin A		8%
Vitamin C		6%
Calcium		21%
Iron		26%

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