

# Cornflake Eel Nuggets

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-smoked-eel-recipe>

## Ingredients:

- 8 ounces smoked eel cleaned and skinner, or you can use smoked sturgeon or hot-smoked salmon
- 8 ounces potatoes peeled; boiled until tender; drain; and mashed with a fork
- 2 egg yolks lightly beaten
- 2 tablespoons chopped fresh chives
- 1 tablespoon prepared mustard
- 1 tablespoon shallot finely diced
- salt
- pepper
- 1 teaspoon salt
- 1 cup all-purpose flour
- 2 eggs
- 1 cup milk
- 2 cups crushed cornflakes
- canola oil for deep-frying
- honey mustard
- tartar sauce Classic
- honey Piri Piri

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 215 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 960 milligrams
9. Sugar: 9 grams

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