

Your Kitchen Counsellor

by
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FRENCH-FRIED SHRIMP

When your menu scheme calls for a meatless dinner, fish gets consideration. And when you want the meal to be special, fresh shrimp is an excellent selection. Shrimp is featured in numerous delectable dishes and French-fried Shrimps are a top favorite. Most culinary artists prefer the fresh sea food for making their choice recipes.

If you're one of those who have never fixed fresh shrimp (and our cooking calls show there are lots of people who haven't) maybe you'd like directions. Modern methods for distribution of refrigerated and frozen fish make fresh shrimp quite generally available and larger supplies bring the price within our budgets.

BUYING SHRIMPS

You buy fresh shrimps by the pound from iced shipments or in frozen packs. And you get from about 25 to 40 per pound, depending on the size.

You plan on three servings per pound for French-fried shrimps and four to six portions when they are combined with other ingredients in casseroles, salads and the like. A pound of fresh shrimps will yield almost two cups of shrimps after they have been cleaned and cooked.

Of course, you'll want big shrimps for French-frying, but the smaller ones are perfectly satisfactory for most other uses. And, usually, they are less expensive. Let your taste and your budget decide.

A fresh uncooked shrimp is greenish white with firm flesh and a thin parchmentlike shell. Like other kinds of fresh fish, shrimps are quite perishable and should be cooked the day you buy them. However, you may store them for

a few hours in the coldest part of the refrigerator.

If you select a package of frozen shrimps (or any other frozen food), keep it frozen until ready for use. And use the product very soon after thawing.

FRYING SHRIMP

It's easy to prepare French-fried shrimps that are simply delicious if you know the tricks.

FIRST—Clean the shrimp so that it can be fried from the uncooked state. To clean it, clip the shell along the black line with kitchen scissors. Remove the shell, but leave tail on. Using a sharp knife, remove dark vein which runs along center back of shrimp. (Speed the job by cleaning shrimp under a small stream of running tap water.) Cut through back of shrimp to divide in half, but do not cut all the way through.

NEXT—Drizzle a little lemon juice (2 Tbsp. for 1 lb. fresh shrimp) over the cleaned shrimps and sprinkle with salt and pepper. Let stand 15 minutes.

Roll shrimps in egg (1 egg, beaten slightly with 1 Tbsp. water) and then in fine crumbs or corn meal OR dip them in batter and fry in deep hot fat (375°, or when cube of bread browns lightly in 60 seconds). Cook 3 to 4 minutes, or until golden brown.

THEN—Drain fried shrimps on absorbent paper and serve piping hot with your preferred dipping sauce.

SAVORY BATTER FOR FRYING SHRIMP

2 eggs, separated
1 tsp. prepared mustard
1 Tbsp. melted butter
1 C. sifted flour
½ tsp. salt
1 tsp. baking powder
½ C. milk
Beat egg yolks well. Add mustard and melted butter. Sift flour, baking powder and salt together and add, alternately with the milk, to beaten egg yolks. Beat thoroughly. Whip egg whites to stiff peaks and fold into the batter. Use as cover batter for frying fish.



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More than half the people killed in traffic accidents were pedestrians! This is particularly true during the heavy traffic month of December! This Christmas—hOLIDAY WALK and DRIVE as though your life depends on your CARE—IT DOES!

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