

# Vegetables

## Deep Fried Onion Rings

### Ingredients:

- 4 large white onions
- cold milk
- 2/3 cup yellow cornmeal
- 2/3 cup all-purpose flour, sift before measuring
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons melted shortening
- 1 beaten egg
- 1 2/3 cups milk
- flour

### Preparation:

1. Peel onions and slice into rounds 1/4-inch thick. Separate rings; soak in milk for 15 minutes. Meanwhile, mix cornmeal, flour, salt, pepper, melted shortening, egg, and 1 2/3 cups milk to make the batter.
2. Drain onion rings; dip in batter then in flour. Fry onion rings in batches in deep fat at 360° to 370° for 2 to 3 minutes, or until golden brown.

## Fried Vidalia Onion Rings

### Ingredients:

- 3 large Vidalia onions, thinly sliced
- 3 1/2 cups flour, divided
- 2 cups buttermilk
- 1 1/2 cups yellow cornmeal
- 2 teaspoons paprika
- 3 teaspoons salt
- 1 teaspoon ground cayenne pepper, or more
- 1/2 teaspoon ground dried thyme
- 1/4 teaspoon ground black pepper
- oil for deep-frying

### Preparation:

1. Put 1 1/2 cups flour in a wide shallow bowl. Put buttermilk in another bowl. In the third bowl, combine the remaining 2 cups flour with the cornmeal, paprika, salt, cayenne, thyme, and pepper.
2. Dip the onion rings into the flour, then in the buttermilk, and then in the flour and cornmeal mixture.
3. Place the breaded onion rings on waxed paper-lined baking sheets. Place breaded onion rings in the refrigerator for 1 hour.
4. Fry in deep fat that has been heated to about 360°. Fry the onion rings, a few at a time, until golden brown. Drain on paper towels on a tray. Keep warm in a 250° oven or warming drawer until all are fried.

## French Fries

### Ingredients:

- 6 large baking potatoes, peeled and cut into strips (about 1/3-inch thickness and width)
- ice water

- oil for deep frying
- salt

### **Preparation:**

1. Soak potatoes in ice cold water for 1 hour at room temperature. Drain well and pat dry with paper towels. Heat oil in deep fryer to about 370°.
2. Place potato strips in a single layer in deep fry basket; fry in hot oil for about 3 to 4 minutes, or until golden brown and tender.
3. Drain on paper towels, keeping warm in the oven while frying remaining batches.

Serves 4 to 6.

## **French Fries II**

### **Ingredients:**

- Potatoes
- Oil for deep frying

### **Preparation:**

1. Peel and cut potatoes into even strips. Soak potatoes in cold water for 1 hour.
2. Fry in deep fat at 325° for 5 minutes. Drain. Increase heat to 375° and fry until French fries are tender and nicely browned.

## **Potato Chips**

### **Ingredients:**

- 6 or more medium lg. potatoes
- Oil or fat for deep frying
- Salt

### **Preparation:**

1. Wash and peel the potatoes. Slice very thin.
2. An old fashioned cabbage slicer can be used (careful of the fingers) - or use a sharp knife or food processor with a thin slicing blade.
3. Put the slices at once into a bowl of cold water and let stand for at least one hour. Ice water is best, but you can set the whole bowl in the refrigerator if you wish. Dry well by shaking them in a towel.
4. Fry in hot oil at 390 degrees F. until a light golden brown. Don't try frying too many at once, better to put one layer on the frying basket. Drain on paper towels or any kind of plain crumpled absorbent paper.
5. If you haven't any paper, use a worn dish towel. Salt lightly. These can be kept for some time if they are sealed into plastic bags or containers after they have cooled.

## **Sweet Potato Fries**

### **Ingredients:**

- Sweet Potato Sticks
- 3 medium sweet potatoes, about 1 1/2 pounds
- oil for deep frying
- salt
- freshly ground black pepper

## Preparation:

1. Using a large sharp knife or mandoline, cut sweet potatoes into strips 3 inches long and about 1/4-inch thick. Pat dry with paper towels.
2. Heat the oil over high heat to about 370°. Deep-fry the sweet potato sticks in batches until golden brown, about 4 minutes. With slotted spoon or basket, transfer the sweet potato sticks to a paper towel-lined baking sheet. Keep the sticks warm in warming drawer or oven while frying the remaining sweet potato sticks. Sprinkle with the salt and pepper. Serve warm with a dip or a remoulade sauce.

## French Fried Tomatoes

### Ingredients:

- 4 firm ripe tomatoes
- 1 teaspoon salt
- 1 teaspoon sugar, to taste
- 1/8 teaspoon pepper
- 1 egg, slightly beaten
- 1/4 cup milk
- bread crumbs

### Preparation:

1. Wash the tomatoes and cut them in 1-inch slices. Do not peel. Dust with salt, pepper and sugar.
2. Whisk beaten egg with milk. Dip tomato slices in the egg mixture, then roll the in the crumbs.
3. Fry in deep fat hot enough to brown a cube of white bread in 55 seconds (about 370°).
4. Drain on paper towels.

# Meats

## Shrimp Fritters

### Ingredients:

- 3 tablespoons butter
- 1 pound medium shrimp, peeled and deveined
- 4 green onions, finely chopped (include tops)
- 1 bell pepper, seeded and finely chopped
- 1 small hot or mild chile pepper, seeded and finely chopped
- 2 cups mashed potatoes
- 2 eggs, beaten
- salt and pepper, to taste
- 1 cup fine dry bread crumbs
- vegetable oil, for deep frying

### Preparation:

1. Melt butter in skillet over medium heat; add the shrimp and cook until pink (2 to 3 minutes depending on size). Remove shrimp from skillet with a slotted spoon, cool slightly, then chop. Set aside.
2. Add the green onions, bell pepper and chile pepper to the butter remaining in the skillet. Saute over medium heat until vegetables are just softened, about 3 minutes. Add mixture to the mashed potatoes and mix well.
3. Stir in the chopped shrimp and beaten eggs. Season to taste with salt and pepper. Stir in some of the bread crumbs, if needed to make the dough stiff enough to form into balls.
4. Shape mixture into 2-inch balls. Put the bread crumbs in a shallow bowl. Roll the shrimp/potato balls in the crumbs.
5. Cover and chill for at least 30 minutes or up to 4 hours.
6. Heat oil in a deep fryer to about 360 degrees. Fry the balls 3 or 4 at a time for about 4 minutes, or until browned and crispy on the outside.
7. Remove balls to paper towels; drain and serve immediately.

Makes about 2 dozen small fritters.

## Ham Bites

### Ingredients:

- 1 pound cooked ham, ground or very finely chopped
- 1 1/2 pounds lean bulk pork sausage
- 1/4 cup finely chopped onion
- 2 tablespoons very finely chopped green bell pepper
- 2 cups fine dry bread crumbs
- 2 eggs, beaten
- 1/2 cup milk
- 1 tablespoon brown sugar, packed
- 1 teaspoon dry mustard
- oil for deep frying

### Preparation:

1. In a large bowl, combine ham, sausage, onion, bell pepper, bread crumbs, eggs, milk, brown sugar and mustard, mixing well.
2. Shape into 1-inch balls.
3. Heat oil in the deep fryer to 360 degrees. Fry ham balls in batches until crispy brown and cooked through, about 3 to 4 minutes.
4. Drain on paper towels. Keep warm in a low oven on a paper towel-lined cookie sheet.
5. Serve with Sweet and Sour Sauce or Jezebel Sauce.

Makes 3 to 4 dozen ham bites.

## Chicken Croquettes

### Ingredients:

- Sauce:
- 1 1/4 cup chicken broth
- 4 tablespoons butter
- 4 tablespoons flour
- 3 tablespoons finely chopped mushrooms, optional
- salt and pepper to taste
- butter
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- Chicken Filling:
- 1 tablespoon butter
- 1 cup chopped onion
- 2 1/2 cups chopped skinless, cooked chicken
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon ground pepper
- 1/2 teaspoon dried thyme
- 1/8 teaspoon ground nutmeg
- salt to taste
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- Coating Ingredients: :
- 1/2 cup all-purpose flour
- 1 1/2 cups fresh breadcrumbs
- 2 large eggs

### Preparation:

1. Make Sauce. Heat chicken broth until it just begins to simmer; set aside. Melt butter in heavy medium saucepan over low heat. Stir in flour; cook, stirring constantly, until very lightly browned, about 5 to 6 minutes. Let cool for 1 minute, then gradually stir in chicken broth. If desired, stir in chopped mushrooms. return to heat and cook slowly for 20 minutes, until mixture is thick enough to coat the back of a spoon. Stir in salt, pepper, and 1 or 2 teaspoons butter.
2. In a saucepan over medium-low heat, melt 1 tablespoon butter; stir in chopped onion. Cook until onion is tender, about 7 minutes. Add the thick Velouté sauce; cook for 1 minute. Spoon sauce into a large bowl. Add chopped chicken, the parsley, 1/2 teaspoon pepper, 1/2 teaspoon thyme, pinch nutmeg, and a little salt. Mix to blend. Cover the bowl with plastic wrap and refrigerate for 2 to 4 hours, until very firm.
3. Spread flour in a pie plate or large shallow bowl. Spread bread crumbs in another pie plate or large shallow bowl. Whisk together the eggs in another shallow bowl.
4. Using a 1/4-cup measure as a scoop, drop scoops of chicken filling mixture into flour and roll gently until well coated. Roll the croquette ball in the beaten egg then roll in bread crumbs until coated on all sides. As you roll them, gently shape into an egg-shaped or cylindrical croquette. You should have 8 croquettes.
5. In a deep fryer, heat oil to 370°.
6. Carefully drop 4 croquettes in the hot oil; fry until nicely browned on all sides, about 3 to 4 minutes. Remove with a slotted spoon and drain on paper towels. Repeat with remaining croquettes.

## Fried Butterflied Shrimp

### Ingredients:

- 1 pound large shrimp, peeled and deveined and butterflied
- 1 quart water
- 1 1/2 cups cornstarch
- 2 eggs
- 2 cups fresh bread crumbs
- 5 cups oil for deep frying

## Preparation:

1. Preheat deep fryer or skillet with oil to 350 degrees F (175 degrees C).
2. In a large bowl, pour in water and mix in cornstarch and eggs.
3. Dip the shrimp into the mixture allowing them to be completely coated. Then roll the shrimp in the breadcrumbs. Coat the shrimp well with the breadcrumbs. Mix up the cornstarch batter again. Dip the breadcrumbs coated shrimp back into the cornstarch batter. Roll the shrimp in the breadcrumbs for a second time. Repeat for each shrimp.
4. Drop shrimp, one at a time, into the hot oil and cook shrimp until they are golden brown.

## Beer Batter Fish Fillets

### Ingredients:

- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon dried dill weed
- 3/4 cup beer
- 1/2 cup milk
- 2 eggs
- 2 pounds cod fillets

### Preparation:

1. In a large bowl, mix together flour, salt, baking powder, and dill. Add beer, milk, and eggs; mix well.
2. Place fish fillets in batter mixture, coat well, and let stand for 15 minutes.
3. Heat deep fryer to 375 degrees F (190 degrees C). Place fish in hot oil, and fry until golden brown. Cook fish in batches to maintain oil temperature. Serve.

## Crispy Fried Fish

### Ingredients:

- 1 egg
- 1 1/2 cups beer
- 1 cup all-purpose flour
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound cod fillets
- 2 cups crushed cornflake crumbs
- 1 teaspoon Cajun seasoning

### Preparation:

1. In a medium bowl, beat together egg, beer, flour, garlic powder, salt, and pepper. Place cod in the bowl, and thoroughly coat with the mixture.
2. In a separate medium bowl, mix the cornflake crumbs and Cajun seasoning. Dip the cod in the crumb mixture, and thoroughly coat all sides.
3. In a large, heavy skillet or deep fryer, heat the oil to 365 degrees F (185 degrees C). Fry the fish until golden brown, and flesh is easily flaked with a fork.

# Desserts

## Apple Fritters

### Ingredients:

- 1 cup sifted all-purpose flour
- 1/4 cup sugar
- 1 teaspoon salt
- 1 1/2 teaspoons baking powder
- 1/3 cup milk
- 1 egg
- 1 cup finely chopped apple
- 1/2 cup confectioners' sugar, sifted

### Preparation:

1. Sift together the flour, sugar, salt, and baking powder. Add milk and egg; beat until batter is smooth. Fold in chopped apple.
2. Drop by teaspoonfuls into deep hot oil -- about 370° and at least 2 1/2 to 3 inches deep -- and fry for about 2 to 3 minutes, until nicely browned.
3. Drain well on paper towels then roll in confectioners' sugar while still warm.
4. Serve as is or warm, with syrup, if desired.

## Beignet Recipe

### Ingredients:

- 1 envelope active dry yeast
- 1 1/2 cups warm water (approx. 105°)
- 1/2 cup granulated sugar
- 1 teaspoon salt
- 2 eggs, beaten
- 1 cup evaporated milk
- 7 cups all-purpose flour
- 1/4 cup shortening, softened
- oil for deep frying
- powdered sugar

### Preparation:

1. In large bowl, sprinkle yeast over the warm water; stir to dissolve and let stand for 5 minutes. Add sugar, salt, beaten eggs, and evaporated milk. Whisk or use electric mixer to blend thoroughly. Add 4 cups of the flour; beat until smooth. Add shortening; gradually blend in remaining flour.
2. Cover with plastic wrap and chill at least 4 hours or overnight.
3. Roll out on floured board to 1/8-inch thickness. Cut into 2 1/2 to 3-inch squares.
4. Deep fry at 360° for 2 to 3 minutes until lightly browned on both sides.
5. Drain on paper towels and sprinkle generously with powdered sugar. Serve hot with coffee.
6. Dough can be cut and frozen, separated in a container with waxed paper.

It is best refrigerated overnight, which makes it especially easy to cook for breakfast.

Makes 4 to 5 dozen.