

Fabulous Food

Start A New Game Day Tradition With A Veggie-And-Shrimp Fry

(NAPSA)—Next season, they'll still be talking about your game day recipe for vegetable and shrimp tempura.

This Tempura recipe for tailgating seals in the flavors of fresh green beans and sweet potatoes, then blends the lighter taste of juicy shrimp for a simple yet bold twist on American traditions. The sweet ginger dipping sauce cinches the dish.

The peanut oil adds a robust, nutty flavor and intensifies the crispy texture of the breading. This oil's high smoke point lets you fry at higher temperatures for flaky, light and beautiful dishes that are never greasy or crumbly.

Tempura

Items You'll Need:

- 2½ cups LouAna peanut oil
- 1 cup rice flour
- 1 cup all-purpose flour
- 2 teaspoons salt
- ¼ teaspoon baking soda
- 2 cups chilled club soda
- 1½ pounds medium shrimp, peeled and deveined
- 2 large sweet potatoes, peeled and sliced
- 1 pound fresh green beans, trimmed

Dipping sauce:

- ½ cup rice vinegar
- 2 tablespoons sugar
- 6 tablespoons tamari
- 1 tablespoon ground fresh ginger

Safety First

Use a traditional propane fryer outdoors away from wooden decks, in accordance with the manufacturer's safety procedures. Or use a Master-built Electric Deep Fryer in your kitchen and follow the directions.



A bold twist on an American tradition with light and crispy vegetables.

Preparation and Cooking

Rice flour, which helps make the coating crisp, can be substituted with cake flour. Tamari can be substituted with five tablespoons soy sauce and 1 tablespoon fresh lemon juice.

- To prepare tempura, pour oil into a large deep fryer; heat to 375 degrees. Combine flours, salt and baking soda in a large bowl, stirring well with a whisk. Slowly add club soda, stirring constantly until batter is smooth. Immediately dip shrimp in batter; fry at 375 degrees for 4 minutes or until done, turning once. Remove shrimp. Dip potatoes in batter; fry at 375 degrees for 2 minutes. Turn potatoes. Dip beans in batter. Add beans to fryer with potatoes; cook 2 minutes or until done. Remove potatoes and beans. Serve immediately.

- To prepare sauce, combine vinegar and remaining ingredients. Serve with tempura.

Serves 4 to 6 people

Visit www.louana.com for complete information on preparation, frying and safety.