

JUST PLAIN OL' FRIED EGGPLANT

2 med. firm eggplants, best if cold from refrigerator
2 eggs beaten
pinch of salt & pepper
1 garlic clove, chopped
2 cups chopped corn flake crumbs
1/4 cup olive oil

Slice eggplant into 1/2" slices. Dip each slice in egg batter, then dip in corn flake crumbs. In frying pan, heat olive oil adding chopped garlic, then fry eggplant slices in olive oil until crispy brown on both sides. Serve hot with side dish of angel hair, olive oil and shredded Romano cheese.

Joan Best • Garrison

BATTER FOR ONION RINGS AND ZUCCHINI RINGS

1 cup flour
1/2 tsp. cream of tartar
1/2 tsp. salt
1 tsp. baking powder
1/4 tsp baking soda
water

Mix dry ingredients together. Add water to make pancake like batter, mix well. Dip onion rings or zucchini into batter and fry in hot oil until golden brown. May sprinkle Parmesan cheese over zucchini rings.

Lisa Tecca • Sunburst

BEER BATTERED APPETIZERS

1 egg
2 cups flour
2 tbsp. oil for batter
3/4 can beer-room temperature
garlic salt to taste
pepper to taste
paprika to taste and helps
brown the batter
2 cups vegetable oil for frying

Raw Veggies:
Asparagus tips
Carrot chips
Whole mushrooms
Cauliflower flowerets
Zucchini circles
Broccoli flowerets
Pepper strips, green, red and yellow

Mix all dry ingredients, then add the egg and oil and the beer last, pouring most of the can in and then stirring with a whisk until it is the consistency of pancake batter. Pour the oil either in your fryer unit or a pot on medium high heat on the stove. Dip your vegetable in the batter and drop in and fry in the hot oil until they are golden brown. We sprinkle a little more garlic salt on them right when they come out of the oil. Place on a plate lined with paper towels. Note: These are especially yummy with either a sweet-hot chile sauce or ranch or blue cheese dressing to dip your veggies in.

**Renee' Southworth-Griffin
Laurel**

FRENCH FRIED CAULIFLOWER

1 large head cauliflower
1 egg slightly beaten
1 cup milk
1 tbsp. melted shortening
1 cup flour
1/4 tsp. salt
salt to taste
oil for frying

Break head of cauliflower into flowerets. Cook in small amount of boiling water for 5 minutes. Drain well. Combine egg, milk and shortening. Gradually add to flour and salt. Beat smooth. Dip cauliflower into batter. Fry in oil in deep fat fryer at 375° until golden brown. Salt to taste.

Agnes DeLeon • Melrose

FRIED FISH W/SWEET AND SOUR SAUCE

14 oz. white fish fillets
4 cups oil for frying
dash of salt
dash of pepper
dash of ginger
2 large green peppers, sweet
1 egg
3 tsp. flour
3 tbsp. cornstarch
2 tbsp. water or more if needed
4 tbsp. ketchup
3 tbsp. vinegar
3 tbsp. sugar
1 tbsp. cornstarch
2/3 cup water

Cut fish into serving pieces 2/3 inches by 2 inches. Sprinkle with salt, pepper and ginger. Cut each green pepper into strips without seeds. Mix egg, flour, cornstarch and water in a bowl. Heat oil. Dip fish into egg, flour mixture and deep fry over medium heat until lightly browned. Remove and drain on an oven-proof plate with a paper towel under it. Place in a warm oven. Fry green peppers in oil for half a minute. In a saucepan, heat 1 tablespoon oil with ketchup, vinegar, sugar, cornstarch and water until boiling. Pour sauce over fish and peppers. Serve warm with rice.

Hilda Ingraham • Eureka

CHICKEN STRIPS

3 lbs. chicken breast
4 eggs
¼ cup milk
2 cups flour
2 cups dry bread crumbs, croutons or saltines
¾ cup yellow cornmeal
½ cup Parmesan cheese
1 tbsp. parsley
1 ½ tsp. oregano
2 tsp. salt
2 tsp. pepper
increase or decrease spices according to taste

Heat deep fat fryer to 325°. Whisk together eggs and milk in a flat, shallow bowl. Put the flour on a plate and set aside both egg mixture and flour. Crush croutons or crackers in a gallon bag with a rolling pin. Spill out onto a plate and mix in Parmesan cheese and spices. Set aside. Cut the chicken breasts into strips. Roll the strips in flour, dip in egg and then coat with the dry mixture. Heat oven to 200°. Place chicken into hot oil in small batches until golden brown. Once brown, take out and place in baking dish and into the oven. Serve with ranch.

Shelby Wilson • Libby

FRIED CABBAGE AND ELBOW MAC

1 pkg. bacon
½ large or one small cabbage
3 cups elbow macaroni, not cooked
1 onion, diced
1/2+ cup butter or margarine
2 tsp. seasoned salt
1 tsp. pepper

In a large frying pan, fry bite-sized bacon pieces with diced onion. Boil macaroni to medium firmness, not soft. Drain and rinse. Then fry macaroni with bacon, onions, butter or margarine until macaroni is golden brown. Stir with spatula. Add seasonings to taste. Slice cabbage medium to thin shreds and fry with macaroni. Cover and cook on medium to low heat for 5-10 minutes or until cabbage is tender. Serves 4 – 6.

Toni Nicol • Billings

VEGGIE BURGERS

1 zucchini, grated
1 med. uncooked potato, peeled and grated
1 medium carrot, grated
¼ cup grated onion
3 eggs
pepper to taste, about a dash
12 slices whole wheat bread, toasted
sliced red onion and lettuce leaves, optional

In a bowl, combine first six ingredients; mix well. Pour about ½ cup batter onto a hot griddle lightly coated with nonstick cooking spray. Fry for 2 -3 minutes on each side or until golden brown. Serve on toasted bread with onion and lettuce if desired. Makes 6 burgers.

Erin Lynn Ramberg • Chinook

CRISPY COD BATTER

2/3 cup cornstarch
1/3 cup flour
1 tsp. vinegar
water
1 tbsp. baking powder
oil for frying
cod or other white fish, cut into chunks

Combine cornstarch, flour and vinegar. Add enough water to make a medium thick batter. Stir in baking powder. Heat oil in deep-fat fryer to 375°. Dip fish chunks in batter until golden brown, 3 or 4 minutes. Drain on paper towels, keep in warm oven until ready to serve. Batter is crispy and delicious and stays that way. I like to add dill seeds.

Marceline French • Lewistown