

`Crispy` Batter for Deep Frying

Geno Dodson - El Cajon, CA

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Yield: 2 cups

1/2 cup flour

1/2 teaspoon salt

1 tablespoon salad oil

2/3 cup lukewarm water

1 egg white

Preparation Time: 30 minutes

In a bowl, combine the flour, salt, salad oil and water. Mix well. Let stand 30 minutes to one hour.

Add the egg white, which has been stiffly beaten. Blend together gently.

For Fish: Sprinkle with seasoned flour (salt and pepper to your taste). Dip into the batter, drain off the excess batter and deep fry.

For Onions: Slice the desired onions. Break into rings. Soak in cold, salted water for one hour before frying. Drain. Sprinkle with seasoned flour, dip in the batter and deep fry.

Per Serving (excluding unknown items): 365 Calories; 14g Fat (35.6% calories from fat); 10g Protein; 48g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1122mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat.