

Sandwiches

Creole-Spiced Shrimp Po' Boys

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Servings: 4

Preparation Time: 30 minutes

Cook time: 5 minutes

*The following spices may be substituted for one teaspoon of the Creole seasoning:
1/4 teaspoon salt, 1/4 teaspoon pepper, pinch of cayenne and pinch of thyme.:*

3/4 cup mayonnaise

1/2 cup ketchup

1 teaspoon prepared horseradish

1 teaspoon hot pepper

oil for frying

3/4 cup all-purpose flour

3/4 cup cornmeal

1 tablespoon Creole seasoning

1 teaspoon salt

1 pound uncooked medium shrimp, peeled and deveined; tails removed

4 French rolls, split

2 medium tomatoes, sliced

2 cups shredded lettuce

In a small bowl, mix the mayonnaise, ketchup, horseradish and pepper sauce. Cover and chill until serving.

In an electric skillet, heat 1/2-inch of oil to 375 degrees.

In a large resealable plastic bag, combine the flour, cornmeal, Creole seasoning and salt.

Add the shrimp, a few at a time. Seal the bag and toss to coat.

Fry in the oil for 2 to 3 minutes on each side or until golden brown. Drain on paper towels.

Spread the rolls with some of the sauce.

Layer the bottoms with lettuce, shrimp and tomatoes.

Serve with the remaining sauce.

Yield: 1 cup sauce

Per Serving (excluding unknown items): 625 Calories; 38g Fat (52.3% calories from fat); 9g Protein; 68g Carbohydrate; 5g Dietary Fiber; 14mg Cholesterol; 1524mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 3 Fat; 1/2 Other Carbohydrates.