

# French Fried Shrimp Pasteles

*Pat Hammond - Seattle, WA*

*Treasure Classics - National LP Gas Association - 1985*

## **Servings: 6**

*1 pound raw shrimp  
1 1/2 cups flour  
1 cup milk  
1 teaspoon salt  
1/2 cup grated onion  
5 cloves garlic (optional),  
chopped fine  
cooking oil  
parsley (for garnish)*

## **Preparation Time: 15 minutes**

### **Cook Time:**

Peel the shrimp and remove the sand veins.  
Wash and cut in half lengthwise.

In a bowl, combine the flour, milk and salt. Add the onions, garlic and shrimp.

In a skillet, drop by spoonfuls into the oil (375 degrees). Fry for 2 to 3 minutes or until golden brown.

Drain on absorbent paper.

Garnish with parsley. Serve hot

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Per Serving (excluding unknown items): 144 Calories; 2g Fat (10.7% calories from fat); 5g Protein; 27g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 376mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 0 Fat.