

# Food For Fun

## Make A Tasty Fish Platter On A Beer Budget

(NAPSA)—You're wrestling with the worst food inflation since the early 1990s. Grocery shopping has become an even greater drain on your budget. The solution: Cook smarter.

A good old-fashioned fish fry is a tradition in many parts of the country. You can make a tasty Fisherman's Platter for four at less than \$10 and share in an American tradition.

Purchase large packages of frozen fish and shrimp to save money. Another savings option: Your frying oil can be used multiple times as long as you don't overheat it. After cooking, cool, strain and store the oil in a cool, dark place for future use.

### Fisherman's Platter

#### Ingredients:

- LouAna Southern Frying Oil (blended soybean and peanut oil)
- 2 cups all-purpose flour
- 2 teaspoons salt
- ½ teaspoon cayenne pepper (optional)
- 1 (12-ounce) bottle beer
- 1 large egg
- 2 (6-ounce) flaky white fish fillets (such as cod or haddock), each cut into ½-inch-thick strips
- 8 ounces shrimp, peeled and deveined

#### Preparation and Cooking:

Place oil in a large fryer,



A good old-fashioned fish fry can be a delightful and economical dinner.

Dutch oven or another thick-walled iron cooking pot with a tight-fitting lid; heat to 375°.

Combine flour, salt and cayenne pepper in a large bowl. Combine beer and egg, stirring well.

Add beer mixture to flour mixture, stirring until smooth.

Dredge fish and shrimp in batter; fry in hot oil 2 minutes on each side or until golden.

Remove with a slotted spoon. Serve immediately.

Serves four people.

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