

# Tasty Easy-Does-It Deep Frying

(NAPSA)—The crunchy texture and mouth-watering flavor of piping hot, deep-fried fritters, chicken fingers or puffy, battered shrimp may be much easier to savor with a few frying tips from the experts.

Frying can be done in a skillet on the stovetop. But the most convenient method may be with a modern electric deep fryer, like T-Fal's Magiclean, a safe, simple to use and easy to clean fryer.

Most of the work is in the food preparation. Just add oil, set the adjustable thermostat and, when the pilot light signals that the oil is at the right temperature, add food to the fryer basket.

Close the lid and lower the basket with the external handle. No splattering or dangerous spills. A window in the lid allows for monitoring progress. When the food is golden brown, raise the basket—while the lid is still safely locked shut. Wait a moment or two and then remove. Allow the food to drain on paper towels.

Cleanups can be a breeze with the T-Fal Magiclean. The lid, the fryer basket and the removable nonstick fryer bowl—the most difficult parts to clean—are all dishwasher safe. No more greasy residue to scrub. The fryer is also equipped with an Ultra-Filtration Cartridge that practically eliminates lingering frying odors.

Here are two recipes designed for use with a T-Fal Magiclean deep fryer.

## Vegetable Fritters Parmesan

- ¾ cup fine dry bread crumbs
- 2 tablespoons Parmesan cheese
- 1 tablespoon onion salt
- ¼ tablespoon garlic powder
- 2 egg whites, slightly beaten
- 2 tablespoons water
- 2½ cups fresh vegetable pieces: carrot sticks, mushroom halves, green and red pepper strings, onion rings, zucchini strips and



Photo by Lou Manna  
Few can resist deep-fried fritters, chicken and shrimp.

- cauliflower florets
- Lemon wedges for garnish
- Parsley sprig for garnish
- 1 quart of canola oil for frying

1. Pour canola oil to the fill line in a T-Fal Magiclean Deep Fryer bowl and preheat. Combine first four ingredients in shallow dish. In small bowl, stir together egg whites and water. Dip vegetable pieces into egg mixture, then coat with crumbs.

Place in frying basket, a few at a time. When the fryer heating light turns off, signaling the oil temperature is ready for frying, close cover and lower basket and fry for 2 to 4 minutes until golden brown.

2. Transfer fritters to baking dish lined with paper towels and keep warm in 200° oven until all vegetables are fried.

3. Drain on paper towels. Arrange fritters on hot platter, sprinkle with salt and garnish with lemon wedges and parsley. Serve immediately with creamy curry dip.

## Chicken Fingers with Lemon

- 2 large boneless, skinless chicken breasts
- 2 eggs, slightly beaten
- 1 cup fine dry bread crumbs
- ½ cup freshly grated Parmesan cheese
- Lemon wedges for garnish

1 quart of canola oil for frying

1. Cut each chicken breast into strips 4-in. long and ½-in. wide and dip each strip into beaten eggs, then into mixture of bread crumbs. Place on rack to dry for 20 minutes.

2. In the meantime, pour canola oil to the fill line in a T-Fal Magiclean Deep Fryer bowl and preheat.

3. Place five to six chicken fingers into frying basket. When the fryer heating light goes off, signaling that the oil temperature is ready for frying, close the fryer cover and lower the basket. Fry for two minutes, or until golden brown. Drain on paper towels and serve immediately with lemon wedges and Parmesan cheese.

## Beer-Batter Fried Shrimp

- 1½ pounds cleaned large shrimp with their tails on
- 1½ cups all-purpose flour
- 3 teaspoons baking powder
- ¾ teaspoon salt
- 3 tablespoons canola oil
- 1½ cups beer
- 1 quart of canola oil for frying

1. Combine flour, baking powder and salt in a mixing bowl. Add the oil and beer and blend well and cover and let stand for 20 minutes.

2. In the meantime, pour canola oil to the fill line in a T-Fal Magiclean Deep Fryer bowl and preheat.

3. When the fryer heating light goes off, signaling that the oil temperature is ready for frying, dip shrimp into the batter and place in fryer basket. Close the fryer cover and lower the basket and fry until golden brown. Drain on paper towels and serve immediately.

For more recipes, visit T-Fal at [www.t-fal.com](http://www.t-fal.com).