

The Fried Cookbook

401 Recipes

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Deep-Fried Sweet Potato Balls

Ingredients

3/4 pound sweet potatoes--
cooked, peeled and mashed
4 teaspoons cornstarch, divided
1 pinch salt
1 tablespoon water
1 cup shredded coconut
1/2 cup brown sugar
3/4 cup sesame seeds
1 1/2 quarts oil for deep frying

Directions

In a mixing bowl, knead together potatoes, 2 teaspoons cornstarch, salt and water to form a stiff dough. In a separate bowl, combine coconut and brown sugar. Form potato dough into small balls; make a well in the center and fill with coconut mixture; close up hole and reshape balls. Roll in sesame seeds, then in remaining cornstarch.

Heat oil in deep-fryer or deep, heavy-bottomed pan to 375 degrees F (190 degrees C).

Fry balls in oil until golden. Drain on paper towels. Serve.

Oven-Fried Ranch Steak

Ingredients

1 cup Ranch salad dressing
1 teaspoon Cajun seasoning
3/4 pound boneless beef sirloin
steak
1/3 cup cornmeal
1/3 cup dry bread crumbs
1/2 teaspoon garlic powder

Directions

In a large resealable plastic bag, combine salad dressing and seasoning; add the beef. Seal bag and turn to coat; refrigerate for at least 8 hours or overnight. Drain and discard marinade. In a shallow plate, combine the cornmeal, bread crumbs and garlic powder. Coat both sides of beef in cornmeal mixture.

Place in a greased 13-in. x 9-in. x 2-in. baking dish. Bake at 350 degrees F for 30-35 minutes or until a meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Fried Pickles

Ingredients

1/2 cup buttermilk
salt and black pepper to taste
1 (16 ounce) jar dill pickle slices
1/2 cup all-purpose flour
1 1/2 cups fine cornmeal
1 teaspoon seafood seasoning,
such as Old Bay[®]
1/4 teaspoon Cajun seasoning
1 quart oil for frying

1/2 teaspoon Cajun seasoning
1 (12 ounce) jar buttermilk ranch
dressing

Directions

Cover a plate with parchment paper or wax paper. In a shallow dish, combine buttermilk, salt, and pepper. Place pickles in mixture and set aside.

Pour the flour, cornmeal, seafood seasoning, and 1/4 teaspoon Cajun seasoning into a large, resealable plastic bag; shake to mix well. Add pickles a few at a time and tumble gently to coat evenly with the flour mixture. Remove and place on prepared plate.

Heat oil to 365 degrees F (180 degrees C) in deep-fryer or heavy deep skillet.

Fry pickles in several batches until golden brown and slightly crisp on the outside with a moist interior, 1 to 2 minutes. Drain on paper towels.

In a small bowl, combine buttermilk ranch dressing with 1/2 teaspoon Cajun seasoning; blend. Serve as a dipping sauce for warm pickles.

French Fried Potatoes

Ingredients

1/3 cup white sugar
2 cups warm water
2 large russet potatoes - peeled,
and sliced into 1/4 inch strips
6 cups vegetable oil for frying
salt to taste

Directions

In a medium bowl, dissolve the sugar in warm water. Soak potatoes in water mixture for 15 minutes. Remove from water, and dry thoroughly on paper towels.

Heat oil in deep-fryer to 375 degrees F (190 degrees C). Add potatoes, and cook until golden, 5 to 6 minutes. drain on paper towels. Season with salt to taste.

Oven Fried Potatoes I

Ingredients

5 pounds red potatoes, thinly sliced
1 onion, finely chopped
6 slices bacon, chopped
1/2 cup butter, diced
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch casserole dish.

Place potatoes in an even layer in greased dish. Sprinkle onion and bacon over potatoes, then dot with butter. Cover dish with foil.

Bake in preheated oven for 45 minutes. Remove foil and stir potatoes. Turn oven to broiler setting and allow potatoes to brown for approximately 5 minutes, until crispy. You may need to stir every minute or so to achieve even browning. Serve immediately.

Pan Fried Spinach

Ingredients

5 slices bacon
2 2/3 tablespoons butter
1/4 cup olive oil
2 tablespoons minced garlic
1 sweet onion, chopped
3 (6 ounce) bags baby spinach leaves
coarse salt and ground black pepper to taste

Directions

In a skillet over medium heat, fry the bacon until evenly brown and crisp. Drain, crumble, and set aside.

Melt the butter and heat the olive oil in a large skillet over medium heat. Mix in the crumbled bacon, garlic, and onion. Cook and stir 2 minutes, then mix in the spinach until evenly coated with the butter and oil. Cover skillet, reduce heat to low, and cook 5 minutes, stirring often, or until spinach is tender. Season with salt and pepper to serve.

Guam Fried Rice

Ingredients

1 pound bacon or SPAM, chopped
4 cloves garlic, minced
6 green onions, chopped
2 carrots, sliced
1/2 pound snow peas
4 cups cooked white rice
1/4 cup soy sauce

Directions

Cook bacon or SPAM in a skillet over medium-high heat until crisp. Stir in the garlic, green onions, and carrots; cook for 2 minutes. Add snow peas; cook for 2 more minutes.

Stir in the cooked rice, a cup at a time, coating well with the grease. Cook and stir until the rice is hot, then sprinkle with soy sauce.

Oven-Fried Pork Chops

Ingredients

4 pork chops, trimmed
2 tablespoons butter, melted
1 egg, beaten
2 tablespoons milk
1/4 teaspoon black pepper
1 cup herb-seasoned dry bread stuffing mix

Directions

Preheat oven to 425 degrees F (220 degrees C). Pour butter into a 9x13 inch baking pan.

Stir together egg, milk and pepper. Dip pork chops in egg mixture, coat with stuffing mix and place in pan.

Bake in preheated oven for 10 minutes. Turn chops and bake for another 10 minutes, or until no pink remains in the meat and juices run clear.

Fried Cabbage Texas Style

Ingredients

1 small head cabbage, thinly sliced
1 teaspoon white sugar
6 slices bacon
5 tablespoons corn bread mix
1/4 teaspoon cayenne pepper
1/2 cup chopped onion
2 fresh jalapeno peppers, seeded and julienned
salt and pepper to taste

Directions

Place the shredded cabbage into a large bowl, and sprinkle the sugar over it. This will remove the excess water from the cabbage. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside, reserving grease in skillet.

In a small bowl, mix together the cornbread mix and cayenne pepper. Stir into the cabbage until well blended. In the skillet the bacon was cooked in, saute onion and jalapeno in the hot bacon grease until tender. Stir in cabbage, and season with salt and pepper to taste. Cook until the cabbage wilts, about 15 minutes. Stir in crumbled bacon, and serve immediately.

Poor Man's Fried Rice

Ingredients

1 1/2 cups uncooked instant rice
1 tablespoon sesame oil
soy sauce to taste
2 eggs, beaten
1 teaspoon finely chopped fresh
ginger root
1/4 cup finely chopped green
onions

Directions

Bring water to a boil in a medium saucepan. Stir in rice and cover. Remove from heat and let stand 5 minutes. Fluff with a fork and drain any excess water.

Heat oil in a large skillet over medium heat. Stir in rice and soy sauce; heat briefly then transfer rice to a bowl.

Scramble the eggs in the same skillet, then stir in rice. Stir in ginger and green onions; heat through and serve.

Mom's Old Fashioned Fried Chicken

Ingredients

1 (4 pound) chicken, cut into pieces
2/3 cup all-purpose flour
salt and pepper to taste
2 teaspoons garlic powder
1 tablespoon vegetable oil
1 cup sherry

Directions

Put the flour, salt, pepper and garlic powder in a brown paper bag. One by one, coat the chicken parts with mixture.

In a large skillet, fry the chicken in 1 inch of hot oil until golden brown. Remove the chicken from the pan and drain the oil.

Put the chicken back into the pan and cover the pieces with cooking sherry. Cover the pan and reduce to simmer. Let simmer for 20 minutes. Serve.

Southern Fried Chicken Livers

Ingredients

1 pound chicken livers
1 egg
1/2 cup milk
1 cup all-purpose flour
1 tablespoon garlic powder
salt and pepper to taste
1 quart vegetable oil for frying

Directions

Place the chicken livers in a colander, and rinse with water. Drain the livers well. Whisk together the egg and milk in a shallow bowl until well blended. Place the flour, garlic powder, and salt and pepper in a resealable plastic zipper bag, and shake to combine.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Place the chicken livers in the bowl of egg and milk mixture, and coat each liver. Place the livers, one at a time, into the plastic bag of flour mixture, and shake the bag to coat the each liver completely.

Gently place the coated livers, a few at a time, into the hot oil. Cover the pan of oil with a frying screen to avoid getting burned by spatters of oil that will pop out as the livers fry. Deep fry the livers until crisp and golden brown, 5 to 6 minutes.

Deep-fried Oysters II

Ingredients

2 quarts vegetable oil for deep-frying
1 quart shucked oysters, drained
2 cups cornmeal
2 tablespoons garlic powder
2 tablespoons Cajun seasoning
1 tablespoon ground black pepper
2 tablespoons seasoned salt

Directions

Rinse oysters and soak in fresh water. Heat deep-fryer to 375 degrees F (190 degrees C).

Combine cornmeal, garlic powder, Cajun seasoning, black pepper and seasoned salt in a large plastic bag. Place oysters in bag and shake until well coated.

Cook oysters 3 or 4 at a time in hot oil. Oysters will float and be golden brown when done. Drain briefly and serve warm.

Latik (Fried Coconut Milk Curd)

Ingredients

2 cups freshly grated mature coconut
2 cups warm water

Directions

Mix the grated coconut with the warm water in a large bowl. Scoop the coconut into a sheet of cheesecloth and squeeze over the bowl to express as much coconut juice as possible; repeat a few times until you feel you've gotten as much as you can from the coconut; strain into a non-stick skillet. Discard the coconut.

Bring the liquid to a boil and cook until the mixture is dry, about 20 minutes; it will curdle as it dries, leaving coconut oil and the solids, which are called 'latik.'

Fried Rice

Ingredients

1/3 cup chopped onion
1/4 cup butter or margarine
4 cups cooked rice
3 tablespoons teriyaki sauce
2 tablespoons minced fresh parsley
1 teaspoon garlic powder
1/8 teaspoon pepper
1 egg, lightly beaten

Directions

In a skillet, saute onion in butter until tender.

Stir in the rice, teriyaki sauce, parsley, garlic powder and pepper. Cook over medium-low heat for 5 minutes, stirring occasionally. Add the egg; cook and stir until egg is completely set, about 3 minutes.

Southern Fried Chicken Gizzards

Ingredients

- 1 pound chicken gizzards, rinsed
- 2 stalks celery, cut into chunks
- 1 onion, cut into chunks
- 2 bay leaves
- 1 1/2 teaspoons celery salt, divided
- 1 teaspoon seasoned salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon dried Italian herb seasoning
- 1 teaspoon garlic powder
- 1/4 teaspoon ground cumin
- 1/2 teaspoon Louisiana-style hot sauce
- 3 cups oil for deep frying
- 1 cup all-purpose flour

Directions

Place the chicken gizzards, celery, onion, bay leaves, and 1 teaspoon of celery salt into a saucepan, and pour in enough water to cover the gizzards by 1 inch. Bring the gizzards to a boil, reduce heat to low, cover, and simmer until tender, about 2 1/2 hours. Pour in more water during simmering, if needed, to keep gizzards covered. Remove the gizzards to a bowl, discard the celery and onion, and reserve the broth.

Season the gizzards with 1/2 teaspoon of celery salt, the seasoned salt, pepper, Italian seasoning, garlic powder, cumin, and hot sauce, stirring to combine well. Pour 1/3 cup of the reserved broth over the seasoned gizzards, and refrigerate for 30 minutes or more, stirring often. (Save or freeze the remaining broth for another use, if desired.)

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Place the flour in a plastic bag, and pour in the gizzards with their seasoning. Shake the bag to thoroughly coat the gizzards with flour. Gently lower about 1/4 of the gizzards per batch into the hot oil, and fry until golden brown, about 5 minutes per batch. Drain the gizzards on paper towels, and serve hot.

Panko-Breaded Fried Razor Clams

Ingredients

6 razor clams, cleaned and dried
2 eggs
1 cup all-purpose flour
salt to taste
black pepper to taste
garlic powder to taste
1 cup panko (Japanese bread crumbs)
1/4 cup shredded Parmesan cheese
1/3 cup vegetable oil for frying

Directions

Place a sheet of wax paper on a flat baking sheet sized to fit in your freezer; set aside.

Beat eggs together in a bowl. Stir together the flour, salt, pepper, and garlic powder in a second bowl. Mix together the panko and Parmesan cheese in a third bowl. Flour the clams well, shaking off any excess. Dip clams into the eggs, then into the panko mixture, pressing it evenly onto the clams. Place on prepared baking sheet, cover with wax paper; freeze until firm.

Heat oil in a skillet over medium-high heat. Fry clams until lightly browned, about 1 minute on each side. Do not overcook or they will become tough. Place on paper towels to drain.

Shahi Tukri (Sweet Fried Bread)

Ingredients

1 quart cooking oil
5 slices white bread, quartered
1 cup water
1/2 cup white sugar
1/2 teaspoon ground cardamom
2 tablespoons cream
2 tablespoons chopped pistachio nuts

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Fry bread pieces in batches till deep golden brown. Set aside on a plate lined with paper towels to drain.

Stir the water and sugar together in a small pan; bring to a boil. Stir the cardamom into the water, reduce the heat to low, and simmer another 2 to 3 minutes. Dip the fried bread pieces in the liquid for 2 to 3 minutes. Arrange the bread in a single layer in a flat-bottomed serving dish.

Drizzle the cream over the bread pieces, and top with the pistachio nuts. Chill at least 2 hours before serving.

Chinese Fried Walnuts

Ingredients

1 pound shelled walnuts
1 cup granulated sugar
vegetable oil for frying
salt to taste

Directions

Place walnuts in a medium stock pot. Cover with water and boil for 2 minutes. Strain, but do not rinse. Transfer to a bowl, and toss with sugar while still hot until well coated.

Heat 3 inches of oil in a large saucepan over medium-high heat. When oil appears to shimmer, fry 1 nut to test for heat. Nut should begin to sizzle immediately. Fry 1/3 batch of nuts at a time for 4 to 5 minutes uncovered. Toss nuts before each batch, and repeat. Using a slotted spoon, transfer each batch to a cookie sheet to cool. Season to taste with salt, and break apart when cool.

Oven-Fried Catfish

Ingredients

1 1/2 pounds catfish fillets
1/2 cup yellow cornmeal
1 teaspoon paprika
1 teaspoon dried thyme
1 teaspoon salt
1/2 teaspoon celery seed
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon ground black pepper
1/2 cup skim milk
cooking spray

Directions

Preheat the oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and coat with cooking spray.

In a shallow dish, stir together the cornmeal, paprika, thyme, salt, celery seed, onion powder, garlic powder, and pepper. Dip the catfish fillets in milk, then place them into the cornmeal mixture and coat liberally; place on the greased baking sheet. Coat the tops of the fillets with cooking spray until wet.

Bake for 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

Fried Green Tomatoes with Shrimp Remoulade

Ingredients

1/2 cup Creole mustard
1/2 cup olive oil
2 tablespoons ketchup
1 teaspoon Worcestershire sauce
2 teaspoons prepared horseradish
2 cloves garlic, chopped
1 tablespoon lemon juice
2 teaspoons minced onion
2 teaspoons chopped green onion
2 teaspoons paprika
1/4 teaspoon ground black pepper
1/8 teaspoon cayenne pepper
2 teaspoons chopped fresh parsley
24 cooked medium shrimp, shelled and deveined

1 cup buttermilk
1 egg
2 cups yellow cornmeal
3 large green tomatoes, sliced 1/2 inch thick
1/4 cup olive oil, or as needed
2 cups mixed salad greens
3 tablespoons chopped green onion

Directions

In a medium bowl, stir together mustard, 1/2 cup olive oil, ketchup, Worcestershire sauce, horseradish, garlic, lemon juice, onion and 2 teaspoons of green onion. Season with paprika, pepper, cayenne pepper and parsley. Gently stir in the shrimp until evenly distributed. Cover and refrigerate until needed.

In a shallow bowl, whisk together the buttermilk and egg with a fork. Spread the cornmeal out on a plate. Heat 1/4 cup of olive oil in a large skillet over medium heat. Add more if needed to maintain an even coating of oil in the bottom of the skillet.

Dip the tomato slices in the buttermilk and egg, then dip into the cornmeal to coat thoroughly. Fry slices in the hot oil until golden brown on each side, about 5 minutes per side. Transfer to a paper towel-lined plate and continue breading and frying the remaining tomato slices.

To serve, arrange salad greens on six plates. Top each one with two slices of fried green tomato, then spoon some of the shrimp remoulade over the tomatoes and sprinkle with the remaining green onion to garnish.

Deep Fried Spinach

Ingredients

4 cups peanut oil for frying
1 (10 ounce) package washed
fresh spinach
salt and pepper to taste

Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C). Place a large handful of fresh spinach in fryer basket, and submerge to cook for about thirty seconds. Drain spinach on paper towels, and repeat with remaining batches. Add a little salt and pepper to taste.

Country Fried B.L.T. with Fresh Herb Aioli

Ingredients

1 cup mayonnaise (such as Hellman's®)
4 cloves garlic, minced
2 tablespoons fresh lemon juice
1 cup chopped fresh basil
1 cup chopped fresh dill

1 quart oil for frying
2 cups all-purpose flour
1 tablespoon onion powder
1 tablespoon garlic powder
1 tablespoon cayenne pepper
1/2 cup heavy cream
2 eggs, beaten
1 (1 pound) package bacon strips, halved
16 small sandwich rolls
4 tomatoes, sliced
salt and pepper to taste
1/2 head lettuce, chopped

Directions

Make the aioli by stirring the mayonnaise, garlic, lemon juice, basil, and dill together in a bowl. Refrigerate at least 1 hour before serving.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Stir the flour, onion powder, garlic powder, and cayenne pepper together in a bowl. Whisk the heavy cream and beaten eggs together in a separate bowl.

Dip each piece of bacon into the egg mixture and then into the flour mixture. Repeat the process a second time to assure each piece is heavily coated.

Fry the bacon in the hot oil until golden brown, 3 to 4 minutes per side. Set aside onto a plate lined with paper towels to drain.

Spread a generous amount of the aioli onto each roll. Add a slice of tomato to each and season with salt and pepper. Finish the sandwiches with a portion of the lettuce and a few slices of bacon.

Fried Avocados

Ingredients

2 cups vegetable oil (for frying)
1 cup all-purpose flour
2 tablespoons salt-free herb
seasoning blend
1 pinch ground cumin
1 avocado - peeled, pitted and
sliced
1 egg, beaten

Directions

Heat oil in a large heavy skillet or deep-fryer to 365 degrees F (180 degrees C).

In a small bowl, mix together the flour, seasoning blend and cumin. Place the beaten egg in a shallow dish. Dip avocado slices in beaten egg, and then in the flour mixture. You may repeat the dipping process if you prefer a thicker batter.

Fry the coated avocado slices in the hot oil for 3 to 5 minutes, until golden brown, turning once. Drain on paper towels, and serve hot.

Day Before Pay Day Fried Rice

Ingredients

3 tablespoons vegetable oil,
divided
3 eggs, beaten
3 cups cold, cooked white rice
2 cups chopped cooked chicken
1/2 cup sliced celery
1/2 cup shredded carrot
1 cup frozen green peas, thawed
2 green onions, sliced
3 tablespoons soy sauce

Directions

Heat 1 tablespoon of oil in a wok or large skillet over medium-high heat. Pour in the eggs; cook and stir until scrambled and firm. Remove from wok, and set aside.

Put remaining 2 tablespoons of oil in the wok and turn heat up to high. Stir in rice until each grain is coated with oil. Stir in chicken, celery, carrot, peas and green onions. Reduce heat to medium, cover and allow to steam for 5 minutes. Stir in scrambled eggs and soy sauce, and cook until eggs are heated through.

Vegetable Fried Rice

Ingredients

1/4 cup finely chopped onion
2 teaspoons canola oil
2 teaspoons minced fresh gingerroot
2 garlic cloves, minced
3 tablespoons reduced-sodium teriyaki sauce
2 tablespoons lime juice
1 teaspoon brown sugar
1/4 teaspoon salt
1/4 teaspoon hot pepper sauce
3 cups cold cooked rice
2 cups frozen mixed vegetables, thawed

Directions

In a nonstick skillet, saute onion in oil until tender. Add ginger and garlic; saute 1 minute longer. Add the teriyaki sauce, lime juice, brown sugar, salt and hot pepper sauce; bring to a boil. Reduce heat; cook and stir for 2 minutes. Add rice and mixed vegetables; cook and stir over medium heat until vegetables are tender.

Fried Spicy Noodles Singapore Style

Ingredients

3 bunches Chinese mustard greens (gai choy), cut into 1-inch lengths
1 large onion, chopped
15 garlic cloves, chopped
10 fresh red chili peppers, chopped
2/3 teaspoon ground fennel seed
2/3 teaspoon ground cumin seed
2/3 teaspoon ground coriander seed
2 teaspoons vegetable oil
1/2 pound boneless beef round steak, cut in thin slices
1/2 pound uncooked medium shrimp, peeled and deveined
1 tablespoon tomato paste
1 tablespoon black soy sauce (siew dam)
2 pounds fresh Chinese yellow noodles
4 cups fresh bean sprouts
salt to taste

Directions

Separate the thin leafy parts of the mustard greens from the thicker stems, and set them aside in separate bowls. Place the onion, garlic, chili peppers, fennel, cumin, and coriander in the work bowl of a food processor, and pulse until the mixture becomes a paste.

Heat the oil in a wok or large skillet over medium-high heat, and cook and stir the onion-garlic mixture until it releases its fragrance, about 1 minute. Stir in the beef and shrimp, and cook and stir until the beef is no longer pink and the shrimp have become opaque, about 3 minutes.

Stir in the tomato paste and soy sauce, and mix together until well combined. Stir in the noodles, tossing them with the sauce, beef, and shrimp until they have begun to soften, about 5 minutes. Add the mustard green stems, then cook and stir until the stems have begun to soften and become translucent, about 3 more minutes.

Stir the mustard green leafy parts into the dish, and then the bean sprouts. Cook and stir everything together until the mustard green leaves and bean sprouts are softened but still bright in color, about 3 more minutes. Sprinkle with salt to taste.

Fried Cinnamon Strips

Ingredients

1 cup sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
10 (8 inch) flour tortillas
vegetable oil

Directions

In a large resealable plastic bag, combine sugar, cinnamon and nutmeg; set aside.

Cut tortillas into 3-in. x 2-in. strips. Heat 1 in. of oil in a skillet or electric fry pan to 375 degrees F; fry 4-5 strips at a time for 30 seconds on each side or until golden brown. Drain on paper towels.

While still warm, place strips in bag with sugar mixture; shake gently to coat. Serve immediately or store in an airtight container.

Tanya's Louisiana Southern Fried Chicken

Ingredients

1 (3 pound) whole chicken, cut into 6 pieces
2 eggs, beaten
1 (12 fluid ounce) can evaporated milk
2 teaspoons salt
2 teaspoons ground black pepper
2 teaspoons garlic powder
2 teaspoons onion powder
2 1/2 cups all-purpose flour
1 1/2 cups vegetable oil for frying

Directions

In a medium size bowl mix together the eggs and milk. Add ALMOST all of the salt, pepper, garlic powder, and onion powder (reserve a dash of each for seasoning the chicken pieces). Set aside.

Sprinkle a dash of the remaining salt, pepper, garlic powder and onion powder onto both sides of the chicken pieces.

In a large skillet, heat the oil over medium heat. Put the flour in a plastic bag. One piece at a time, dip the chicken into the egg/milk mixture then add to the plastic bag. Shake the bag so that the flour is covering each piece of chicken.

You can check to see if the oil is hot enough by sprinkling a little flour in the skillet. If it fries, it's hot enough! Place the chicken pieces in the skillet. After about 5 minutes, turn the chicken over. Let chicken fry for about 15 minutes or until the meat is cooked through and the juices run clear. Enjoy!

Fried Soft-Shell Crab

Ingredients

4 soft-shell crabs
1 egg
1/2 cup milk
1 cup all-purpose flour
salt and pepper to taste
4 cups oil for frying, or as needed

Directions

Clean each crab. Lift one pointed side of top shell and remove the gills by pulling them out. Put top shell back down and repeat on other side. On the bottom side remove tail flap by twisting and pulling off. Using a pair of scissors, remove the face by cutting behind the eyes. Rinse the crabs thoroughly with cold water. Dry on paper towels.

Heat oil in a deep fryer to 365 degrees F (180 degrees F). In a shallow dish, whisk together the egg and milk using a fork. In a separate bowl, stir salt and pepper into the flour. Lightly salt the crab, then dip in the flour, dip in the egg, then in the flour again.

Carefully place crabs into the deep-fryer. Cook for 1 to 2 minutes, or until golden brown on one side. Carefully turn over, and cook until golden on the other side. Drain on paper towels. Serve as soon as they are cool enough to eat. You can eat the whole crab.

Tsao Mi Fun (Taiwanese Fried Rice Noodles)

Ingredients

1/2 pound thinly sliced pork loin
1/4 cup soy sauce
1/4 cup rice wine
1 teaspoon white pepper
1 teaspoon Chinese five-spice powder
1 teaspoon cornstarch

4 dried Chinese black mushrooms
1 (8 ounce) package dried rice vermicelli

1/4 cup vegetable oil, divided
2 eggs, beaten
1/4 clove garlic, minced
1 tablespoon dried small shrimp
3 carrots, cut into matchstick strips
1/2 onion, chopped
3 cups bean sprouts
4 leaves napa cabbage, thinly sliced
salt to taste
3 sprigs fresh cilantro for garnish

Directions

Place the pork into a mixing bowl and pour in the soy sauce and rice wine. Sprinkle with the white pepper, five-spice powder, and cornstarch. Mix well, then set aside to marinate. Soak the mushrooms in a bowl of cold water for 20 minutes, then pour off the water, cut off and discard the stems of the mushrooms. Slice the mushrooms thinly and reserve. Soak the rice vermicelli in a separate bowl of cold water for 10 minutes, then pour off the water and set the noodles aside.

Heat 1 tablespoon of the vegetable oil in a wok or large skillet over medium heat. Pour in the eggs, and cook until firm, flipping once, to make a pancake. Remove the egg pancake, and allow to cool, then thinly slice and place into a large bowl. Heat 2 more tablespoons of the vegetable oil in the wok over high heat. Stir in the garlic and dried shrimp, and cook until the shrimp become aromatic, about 20 seconds. Next, add the pork along with the marinade, and cook until the pork is no longer pink, about 4 minutes. Stir in the carrots and onion, and cook until the carrots begin to soften, about 3 minutes. Finally, add the bean sprouts, napa cabbage, and sliced mushrooms; cook and stir until the vegetables are tender, about 3 minutes more. Scrape the pork mixture into the bowl along with the eggs, then wipe out the wok and return it to the stove over medium-high heat.

Heat the remaining vegetable oil in the wok, then stir in the drained rice vermicelli noodles. Cook and stir for a few minutes until the noodles soften, then stir in the reserved pork mixture. Scrape the mixture in to a serving bowl and garnish with cilantro to serve.

Pan-fried Polenta with Corn, Kale and Goat

Ingredients

1 tablespoon butter
2 cloves garlic, minced
4 1/3 cups water
1 cup stone ground cornmeal
1/2 teaspoon salt
1 1/3 cups fresh corn kernels
freshly ground black pepper
2 tablespoons grated Parmesan cheese
1/2 bunch kale
1 tablespoon olive oil
1 tomato, sliced
3 ounces goat cheese

Directions

In a medium saucepan, heat the butter over medium heat. Add the garlic and stir constantly for 1 minute; don't let the garlic brown. Add 3 cups of the water, and bring it to a boil.

While the water heats, whisk together in a bowl the cornmeal, salt, and 1 cup water to make a smooth mixture.

When the water in the saucepan comes to a boil, pour the mixture into it. Whisk constantly for 3 minutes to prevent lumps from forming. Turn the heat to low. Cook for 40 minutes, stirring with a wooden spoon every 10 minutes. Stir in the corn kernels and cook the polenta 5 minutes more. Stir in the pepper and Parmesan cheese. Pour the polenta into a lightly oiled 8x8 inch pan and smooth the top with a spatula. Chill the polenta in a refrigerator for 1 hour.

While the polenta is cooling, cut away the stems and center stalks of the kale. Cut the leaves into 3-inch pieces.

Cut the chilled polenta into 4 large triangles. Heat the olive oil in a large non-stick skillet over medium-high heat. When the oil begins to smoke, carefully add the polenta triangles. Fry the polenta until it is golden brown on the underside, then turn the polenta over and cook it until it is golden brown on the other side. Arrange the polenta on a baking sheet.

Preheat the broiler on your oven.

Place the kale and 1/3 cup water into the skillet that was just used to fry the polenta. Cover the skillet and cook the kale over a medium-high heat for 4 minutes.

Place the tomato slices on top of the polenta triangles. Sprinkle the goat cheese on top of the tomato slices. Broil the polenta until the cheese melts and the tomatoes begin to cook.

Arrange the kale on a serving platter. Place the hot polenta triangles on top of the kale and serve immediately.

Fried Green Beans

Ingredients

- 1 quart vegetable oil for frying
- 2 cups all-purpose flour
- 4 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 cup buttermilk
- 1 pound fresh green beans

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Whisk together the flour, salt, pepper, and garlic powder; set aside. Pour the buttermilk into a shallow dish.

Thread the green beans onto toothpicks, making bundles of about 5 green beans each. Dip the green bean bundles into the buttermilk, then into the flour mixture. Shake off any excess flour. Fry in the hot oil until the flour turns golden brown, about 4 minutes. Drain on a paper towel-lined plate, and serve hot.

Island-Style Fried Rice

Ingredients

1 1/2 cups uncooked jasmine rice
3 cups water
2 teaspoons canola oil
1 (12 ounce) can fully cooked luncheon meat (such as SPAM®), cubed
1/2 cup sliced Chinese sweet pork sausage (lup cheong)
3 eggs, beaten
2 tablespoons canola oil
1 (8 ounce) can pineapple chunks, drained
3 tablespoons oyster sauce
1/2 cup chopped green onion

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Let the rice cool completely.

Heat 2 teaspoons of oil in a skillet over medium heat, and brown the luncheon meat and sausage. Set aside, and pour the beaten eggs into the hot skillet. Scramble the eggs, and set aside.

Heat 2 tablespoons of oil in a large nonstick skillet over medium heat, and stir in the rice. Toss the rice with the hot oil until heated through and beginning to brown, about 2 minutes. Add the garlic powder, toss the rice for 1 more minute to develop the garlic taste, and stir in the luncheon meat, sausage, scrambled eggs, pineapple, and oyster sauce. Cook and stir until the oyster sauce coats the rice and other ingredients, 2 to 3 minutes, stir in the green onions, and serve.

Egg Fried Rice

Ingredients

1 cup water
1/2 teaspoon salt
2 tablespoons soy sauce
1 cup uncooked instant rice
1 teaspoon vegetable oil
1/2 onion, finely chopped
1/2 cup green beans
1 egg, lightly beaten
1/4 teaspoon ground black pepper

Directions

In a saucepan bring water, salt and soy sauce to a boil. Add rice and stir. Remove from heat, cover and let stand 5 minutes.

Heat oil in a medium skillet or wok over medium heat. Saute onions and green beans for 2 to 3 minutes. Pour in egg and fry for 2 minutes, scrambling egg while it cooks.

Stir in the cooked rice, mix well and sprinkle with pepper.

Oven-Fried Potatoes

Ingredients

12 medium potatoes, peeled and cubed
1/4 cup grated Parmesan cheese
2 teaspoons salt
1 teaspoon garlic powder
1 teaspoon paprika
1/2 teaspoon pepper
1/3 cup vegetable oil

Directions

Place potatoes in two large resealable plastic bags. Combine the Parmesan cheese and seasonings; add to potatoes and shake to coat. Pour oil into two 15-in. x 10-in. x 1-in. baking pans; pour potatoes into pans. Bake, uncovered, at 375 degrees F for 40-50 minutes or until tender.

Chicken Fried Pheasant

Ingredients

1 cup milk
1 1/2 tablespoons distilled white vinegar
2 pheasant breast halves, thinly sliced
1 cup finely crushed saltine cracker crumbs
1 cup canola oil for frying

Directions

In a shallow bowl, mix the milk and vinegar. Dip the pheasant slices in the milk and vinegar mixture, then press both side in the cracker crumbs to coat.

Heat the oil in a skillet over medium-high heat. Cook the pheasant in the hot oil about 5 minutes on each side, or until golden brown. Drain on paper towels.

Stir Fried Wok Vegetables

Ingredients

2 tablespoons vegetable oil
1 tablespoon minced fresh ginger (optional)
3 serrano chile peppers, seeded and chopped (optional)
1/2 cup baby corn, cut in half
1 red bell pepper, seeded and cut into strips
2 pounds bok choy - stalks halved and cut into 1/4-inch sticks, leaves halved, separated
3 cups fresh bean sprouts
1/4 cup Asian fish sauce (nuoc mam or nam pla)
3 tablespoons Chinese oyster sauce
4 green onions, thinly sliced
2 tablespoons chopped cilantro leaves (optional)
2 tablespoons toasted sesame seeds (optional)

Directions

Heat vegetable oil in a wok over high heat. When the oil is hot, stir in ginger and minced chiles; cook and stir until the ginger is fragrant, about 30 seconds. Add baby corn, red pepper, and bok choy stalks; stir fry until the red pepper has begun to soften, about 3 minutes.

Stir in bok choy leaves and bean sprouts; cook until the leaves have darkened and wilted, 1 to 2 minutes. Pour in fish sauce and oyster sauce; sprinkle with green onions, and stir together. Serve sprinkled with chopped cilantro and toasted sesame seeds.

Super Easy and Spicy Fried Pickles

Ingredients

2 cups peanut oil for frying, or as needed
1 (32 ounce) jar dill pickle slices, drained
1 cup Italian seasoned bread crumbs
1 teaspoon cayenne pepper
1 teaspoon black pepper
1/2 teaspoon garlic powder
2 eggs, beaten
1 (8 ounce) bottle Ranch dressing

Directions

Heat the oil in a large heavy skillet over medium heat.

Pat the pickle slices dry with paper towels. In a small bowl, stir together the bread crumbs, cayenne pepper, black pepper and garlic powder. Dip pickle slices into the egg, and then coat with the bread crumb mixture.

Fry the pickles in the hot oil, until golden brown on each side, turning once. Transfer to paper towels, and serve hot with Ranch dressing.

Stir-Fried Sweet and Sour Vegetables

Ingredients

3 tablespoons palm sugar
2 tablespoons lime juice
1 tablespoon fish sauce
1 tablespoon oyster sauce
1 tablespoon light soy sauce

2 tablespoons vegetable oil
4 cloves garlic, minced
1 onion, cut into thin slivers
1/2 head cauliflower, chopped
into bite-size pieces
1 carrot, peeled and sliced
1 cucumber, cut into bite-size
pieces
8 baby corn, sliced
1 cup peas
1 large red bell pepper, sliced
1 tomato, cut into bite-size pieces
1/4 fresh pineapple, cut into bite-
size chunks

Directions

Stir the palm sugar, lime juice, fish sauce, oyster sauce, and soy sauce together in a small saucepan over medium-low heat until the sugar is completely dissolved; bring to a simmer. Set aside.

Heat the oil in a large skillet; fry the garlic in the hot oil until browned, 7 to 10 minutes. Add the onion; cook for 1 minute. Stir the cauliflower and carrot into the mixture; cook and stir for 1 minute. Mix the cucumber, corn, and peas into the mixture; cook for 1 more minute. Stir the bell pepper and tomato into the mixture; cook 1 minute. Pour the sauce over the mixture, add the pineapple, and toss so the entire mixture is evenly coated in sauce; cook another minute. Serve hot.

Country Fried Steak and Milk Gravy

Ingredients

4 (4 ounce) cube steaks
1/2 teaspoon salt, divided
1 3/4 teaspoons ground black pepper, divided
1 cup all-purpose flour
2 eggs, lightly beaten
1/4 cup lard
1 cup milk

Directions

Season meat with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper; set aside. In a shallow dish, mix flour with 1 teaspoon of the pepper. Dredge each steak in flour. Dip in beaten egg, then dredge in flour again.

Heat lard in a large, heavy skillet over medium-high heat. Fry steaks 3 to 4 minutes on each side, or until golden brown. Drain on paper towels.

Pour off all but 2 tablespoons of the fat. Sprinkle 2 tablespoons of the dredging flour into oil. Cook over medium heat for 1 minute, scraping up any browned bits from the bottom of skillet. Gradually whisk in milk. Cook, stirring frequently, 3 to 4 minutes, or until thickened and bubbly. Add 1/4 teaspoon salt, and 1/4 to 1/2 teaspoons pepper; gravy should be quite peppery.

Fried Wild Turkey

Ingredients

1 (12 fluid ounce) can or bottle
lemon-lime flavored carbonated
beverage
1 (1.5 fluid ounce) jigger bourbon
whiskey
1 (1.5 fluid ounce) jigger hazelnut
liqueur

Directions

Fill a tall glass with ice. Fill to 3/4 with lemon-lime soda. Pour in Wild Turkey whiskey and hazelnut liqueur.

Pan Fried Daikon Cake

Ingredients

1 1/2 cups grated daikon radish
2 teaspoons salt
1 clove garlic, minced
1/2 red onion, chopped
1 egg, beaten
1/2 cup Italian seasoned bread crumbs
1/2 teaspoon ground black pepper
1/2 teaspoon paprika
1/2 teaspoon chile-garlic sauce (such as SrirachaB®)
1 1/2 cups vegetable oil for frying

Directions

Place the daikon in a large bowl and sprinkle with the salt. Refrigerate for 30 minutes.

Drain daikon. Stir in the garlic, onion, egg, bread crumbs, pepper, paprika, and chili garlic sauce. Mix well. Form into 8, small round patties.

Pour oil into a large skillet. Heat over medium heat. Fry patties in the hot oil until firm and nicely brown, about 3 minutes per side. Drain on paper towels.

Stir Fried Sesame Vegetables with Rice

Ingredients

1 1/2 cups vegetable broth
3/4 cup uncooked long-grain white rice
1 tablespoon margarine
1 tablespoon sesame seeds
2 tablespoons peanut oil
1/2 pound fresh asparagus, trimmed and cut into 1 inch pieces
1 large red bell pepper, cut into 1 inch pieces
1 large yellow onion, sliced
2 cups sliced mushrooms
2 teaspoons minced fresh ginger root
1 teaspoon minced garlic
3 tablespoons soy sauce
1 tablespoon sesame oil

Directions

Preheat oven to 350 degrees F (175 degrees C). In a saucepan combine broth, rice and margarine. Cover and bring to a boil over high heat. Reduce heat to low and simmer for 15 minutes, or until all liquid is absorbed.

Place sesame seeds on a small baking sheet and bake in preheated oven for 5 to 6 minutes, or until golden brown; set aside. Meanwhile, heat peanut oil in a large skillet or wok over medium-high heat until very hot. Add asparagus, bell pepper, onion, mushrooms, ginger and garlic and stir-fry for 4 to 5 minutes, or until vegetables are tender but crisp. Stir in soy-sauce and cook for 30 seconds. Remove from heat and stir in sesame oil and toasted sesame seeds. Serve over rice.

Fried Frog's Legs

Ingredients

24 frog's legs, skin removed
1 (4 ounce) packet saltine
crackers, crushed
1 cup all-purpose flour
1/2 cup cornmeal
1 teaspoon minced onion
2 teaspoons salt
1 tablespoon ground black pepper
2 eggs
1/2 cup milk
2 cups vegetable oil for frying
1 cup peanut oil for frying

Directions

Rinse the frog's legs and pat dry; set aside. In a large resealable bag, combine the saltine cracker crumbs, flour, cornmeal, onion, salt and pepper. Shake to mix. In a shallow bowl, whisk together eggs and milk.

Heat the vegetable oil and peanut oil in a large skillet over medium-high heat. The oil should be about 1/2 inch deep.

Dip the frog's legs into the milk and egg, then dip into the cracker mixture until evenly coated. Carefully place them in the hot oil. Cook until golden brown on each side, about 5 minutes per side. If the legs start to brown too quickly, reduce the heat to medium. Drain on paper towels before serving.

Fried Lobster

Ingredients

3 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon white sugar
1/2 teaspoon onion salt
1/2 teaspoon garlic salt
1/2 teaspoon dried parsley
1/2 teaspoon celery seed
1/2 teaspoon paprika
1/2 teaspoon cornstarch
1 cup milk
2 eggs, beaten
1/2 cup vegetable oil
4 lobster tails, shelled

Directions

Mix the flour, salt, black pepper, sugar, onion salt, garlic salt, parsley, celery seed, paprika and cornstarch together in a small bowl.

In another small mixing bowl combine the milk and eggs, mix well.

Pour oil into a skillet or deep fat fryer. Heat the oil to high, approximately 400 degrees F (200 degrees C).

Cut the lobster tails into bite sized pieces. Dip lobster pieces one at a time into the egg mixture and then into the flour mixture. Place the lobster pieces one at a time into the skillet or deep fat fryer. Cook until lobster are golden brown.

BBQ Fried Chicken

Ingredients

3 pounds skinless, boneless chicken breast halves - cut into 1 inch strips
3 cups all-purpose flour
2 teaspoons garlic pepper seasoning
2 cups buttermilk
3/4 cup honey barbecue sauce
2 eggs

Directions

Preheat the oven to 350 degrees F (175 degrees F). Spray a baking sheet with nonstick cooking spray.

In a shallow dish, stir together the flour and garlic pepper. In a separate bowl, whisk together the buttermilk, barbeque sauce, and eggs. Coat chicken with the flour mixture, then dip into the buttermilk mixture. Dip into the flour mixture again. Place chicken strips on the prepared baking sheet.

Bake for 30 minutes in the preheated oven, or until golden brown on one side. Turn over, and continue to cook until golden on the other side, 20 to 30 minutes.

Chicken Fried Venison Steaks

Ingredients

1 egg
1 cup whole milk
2 tablespoons hot pepper sauce
2 pounds 1/2 inch thick venison steaks

1/2 cup cornmeal
1/2 cup seasoned bread crumbs
1 teaspoon cornstarch
1 teaspoon baking soda
1 teaspoon ground black pepper
1 teaspoon garlic salt

1 cup vegetable oil for frying
1 onion, sliced
1 cup whole milk

Directions

Beat the egg in a bowl, then whisk in 1 cup of milk and the hot pepper sauce. Pound the venison steaks with a meat mallet to 1/4 inch thick, and place into the milk mixture. Stir together the cornmeal, bread crumbs, cornstarch, baking soda, black pepper, and garlic salt in a shallow dish.

Remove the venison steaks from the milk mixture one at a time, allowing the excess to run off, and press into the bread crumb mixture; set aside. Reserve the remaining bread crumb mixture.

Heat the oil in a large skillet over medium heat. Place as many breaded venison steaks into the pan as will fit without overlapping. Cook until the venison is golden brown on both sides, about 3 minutes per side. Remove to drain on a paper towel lined plate and keep warm. Repeat with remaining venison.

Once the venison has finished cooking, stir the onions into the hot oil, and cook until dark brown, about 5 minutes. Pour off and discard the oil, remove the onions to a plate and set aside. Stir the reserved bread crumb mixture into the hot skillet, and cook for a few seconds until it begins to toast. Stir in the remaining cup of milk, and simmer until the milk has thickened, about 5 minutes. Pour the gravy over the venison steaks and top with the caramelized onions to serve.

Chinese Chicken Fried Rice II

Ingredients

- 1 egg
- 1 tablespoon water
- 1 tablespoon butter
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 cups cooked white rice, cold
- 2 tablespoons soy sauce
- 1 teaspoon ground black pepper
- 1 cup cooked, chopped chicken meat

Directions

In a small bowl, beat egg with water. Melt butter in a large skillet over medium low heat. Add egg and leave flat for 1 to 2 minutes. Remove from skillet and cut into shreds.

Heat oil in same skillet; add onion and saute until soft. Then add rice, soy sauce, pepper and chicken. Stir fry together for about 5 minutes, then stir in egg. Serve hot.

Salmon, Rice, and Fried Tomatoes

Ingredients

1 cup uncooked long grain white rice
2 cups water
1 1/2 tablespoons lemon pepper, divided
1 tablespoon dried dill weed, divided
2 tablespoons vegetable oil, divided
1 pound salmon
1 tomato, sliced 1/2 inch thick
2 eggs, beaten
1 cup all-purpose flour

Directions

Bring the rice and water to a boil in a pot. Season with 1 tablespoon lemon pepper and 1/2 tablespoon dill weed. Reduce heat to low, cover, and simmer 20 minutes.

Heat 1 tablespoon oil in a skillet over medium heat. Place salmon in the skillet, and cook 20 minutes, turning once, until lightly browned and easily flaked with a fork. Set aside.

Season the tomato slices with remaining lemon pepper and dill. Place the eggs and flour in 2 separate dishes. Dip each tomato slice in the egg to coat, then press in the flour, coating both sides.

Heat remaining oil in the skillet over medium-high heat. Place tomato slices in the skillet, and cook 5 minutes on each side, until lightly browned. Serve salmon over the cooked rice, and top with fried tomatoes.

Southwestern Fried Rice

Ingredients

1 pound skinless, boneless chicken breast halves - cubed
1 (10 ounce) package frozen corn, thawed
1 small green pepper, chopped
1 small onion, chopped
2 teaspoons canola or vegetable oil
1 cup chicken broth
1 cup salsa
1 teaspoon chili powder
1/4 teaspoon cayenne pepper
1 1/2 cups uncooked instant rice
1/2 cup shredded reduced-fat Cheddar cheese

Directions

In a large nonstick skillet, saute the chicken, corn, green pepper and onion in oil until chicken juices run clear. Stir in the broth, salsa, chili powder and cayenne; bring to a boil. Add the rice. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork. Sprinkle with cheese; cover and let stand for 2-3 minutes or until cheese is melted.

Fried Mozzarella Cheese Sticks

Ingredients

2 eggs, beaten
1/4 cup water
1 1/2 cups Italian seasoned bread crumbs
1/2 teaspoon garlic salt
2/3 cup all-purpose flour
1/3 cup cornstarch
1 quart oil for deep frying
1 (16 ounce) package mozzarella cheese sticks

Directions

In a small bowl, mix the eggs and water.

Mix the bread crumbs and garlic salt in a medium bowl. In a medium bowl, blend the flour and cornstarch.

In a large heavy saucepan, heat the oil to 365 degrees F (185 degrees C).

One at a time, coat each mozzarella stick in the flour mixture, then the egg mixture, then in the bread crumbs and finally into the oil. Fry until golden brown, about 30 seconds. Remove from heat and drain on paper towels.

Mom's Fried Fish

Ingredients

2 eggs, beaten
1 1/2 cups crushed saltines
2 pounds whitefish fillets, cut in
half lengthwise
oil for frying
TARTAR SAUCE:
1 cup mayonnaise
2 tablespoons sweet pickle relish
1 tablespoon finely chopped onion

Directions

Place eggs and cracker crumbs in separate shallow bowls. Dip fillets into eggs, then coat with crumbs. Let stand for 5 minutes.

In an electric skillet or deep-fat fryer, heat oil to 375 degrees F. Fry fillets, a few at a time, for 2 minutes on each side or until fish is golden brown and flakes easily with a fork. Drain on paper towels. In a small bowl, combine the tartar sauce ingredients. Serve with fish.

Kielbasa Fried Rice

Ingredients

2 tablespoons olive oil
1 large onion, diced
3 large carrots, shredded
1/4 head cabbage, shredded
4 cloves garlic, chopped
1 (16 ounce) package kielbasa
sausage, cut into 1/2 inch dice
3 cups cooked white rice
soy sauce to taste
3 eggs

Directions

Heat oil in a large skillet over medium-high heat. Stir in onions; cook until soft and translucent. Stir in carrots, cabbage, and garlic; cook until garlic begins to brown. Stir in kielbasa; cook until heated through, about 3 minutes

Crumble rice with hands to break up clumps. Then stir rice into skillet. Heat through, then stir in soy sauce. Beat 1 egg, and mix thoroughly into rice. One at a time, beat and stir the remaining 2 eggs into the rice. Cover, reduce the heat to medium low, and cook 10 minutes, stirring often.

Mashed Potatoes with Fried Mushroom, Bacon,

Ingredients

6 Yukon Gold potatoes, peeled and quartered
5 slices bacon
1 tablespoon vegetable oil
6 medium mushrooms, sliced
1 medium onion, sliced
2 tablespoons butter
2 tablespoons ranch dressing

Directions

Add potatoes to a large pot of water and bring to a boil. Cook until the potatoes are soft, about 20 minutes.

Meanwhile, place the bacon slices in a large skillet over medium heat, and cook until crisp. Remove to paper towels.

Wipe out the skillet, return to stove, and pour in vegetable oil. Stir in mushrooms and onion, and cook until onion is soft and translucent.

When the potatoes are done, drain water, and place potatoes in a large bowl. Mash in butter and ranch dressing. With a potato masher or electric mixer, continue to mash until the potatoes are smooth. Stir in the mushrooms, onions, and crumbled bacon.

Fried Cucumbers

Ingredients

1/2 cup vegetable oil
2 cucumbers, peeled and sliced
1 cup cornmeal
salt to taste

Directions

Heat the vegetable oil in a large heavy skillet over medium high heat. Line a plate with a paper towel; set aside.

Roll the cucumber slices in the cornmeal. Fry the slices in the hot oil, a few at a time, until golden brown, about 2 minutes per side. Transfer the cucumbers to the prepared plate; sprinkle with salt to serve.

Oven Fried Sesame Potatoes

Ingredients

4 medium potatoes, cut into wedges
2 teaspoons canola oil
1 teaspoon seasoning salt
1 teaspoon ground paprika
1 tablespoon sesame seeds
1 teaspoon chili powder, or to taste
freshly ground black pepper to taste

Directions

Preheat the oven to 400 degrees F (200 degrees C). Line a large baking sheet with aluminum foil.

Place the potato wedges in a plastic bag, or bowl with a lid. Add oil, and toss to coat. Season the potatoes with seasoning salt, paprika, chili powder, and pepper, and add the sesame seeds. Replace lid or close bag, and shake to coat evenly. Spread the potato wedges out in a single layer onto the prepared baking sheet.

Bake for 50 to 60 minutes, stirring every 15 minutes or so, until the potatoes are tender and golden.

Vegetable Fried Rice

Ingredients

3 cups water
1 1/2 cups quick-cooking brown rice
2 tablespoons peanut oil
1 small yellow onion, chopped
1 small green bell pepper, chopped
1 teaspoon minced garlic
1/4 teaspoon red pepper flakes
3 green onions, thinly sliced
3 tablespoons soy sauce
1 (8 ounce) can baby peas, drained
2 teaspoons sesame oil
1/4 cup roasted peanuts

Directions

In a saucepan bring water to a boil. Stir in rice. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, heat peanut oil in a large skillet or wok over medium heat. Add onions, bell pepper, garlic and pepper flakes, to taste. Cook 3 minutes, stirring occasionally. Increase heat to medium-high and stir in cooked rice, green onions and soy sauce. Stir-fry for 1 minute. Add peas and cook 1 minute more. Remove from heat. Add sesame oil and mix well. Garnish with peanuts, if desired.

Fried Empanadas

Ingredients

4 1/2 cups all-purpose flour
1 1/2 teaspoons salt
1/2 cup shortening
1 1/4 cups water, or as needed

2 tablespoons olive oil
1 small onion, chopped
1 1/2 pounds ground beef
1 pinch salt
2 tablespoons paprika
1 tablespoon cumin
1/2 teaspoon ground black pepper
1/2 cup raisins
1 tablespoon white vinegar
2 hard-cooked eggs, peeled and chopped
1 quart oil for frying, or as needed

Directions

In a medium bowl, stir together the flour and salt. Cut in shortening using a pastry blender, or pinching into small pieces using your fingers, until the mixture resembles coarse crumbs. Use a fork to stir in water a few tablespoons at a time, until the mixture forms a ball. Pat into a ball, and flatten slightly. Wrap in plastic wrap and refrigerate for 1 hour.

Heat the oil in a large skillet over medium heat. Add the onion and cook until tender. Crumble in the beef, and season with salt, paprika, cumin and black pepper. Cook, stirring frequently, until beef is browned. Drain excess grease, and stir in the raisins and vinegar. Refrigerate until chilled, then stir in the hard-cooked eggs.

Form the dough into 2 inch balls. On a floured surface, roll each ball out into a thin circle. Spoon some of the meat mixture onto the center, then fold into half-moon shapes. Seal edges by pressing with your fingers.

Heat oil in a deep-fryer to 365 degrees F (180 degrees C). Place one or two pies into the fryer at a time. Cook for about 5 minutes, turning once to brown on both sides. Drain on paper towels, and serve hot.

Fried Chicken

Ingredients

1 (4 pound) chicken, cut into pieces
salt and pepper to taste
1 1/2 cups all-purpose flour for coating
2 quarts vegetable oil for frying

Directions

In a large skillet, heat oil over medium heat. Salt and pepper chicken pieces to taste, then roll in flour to coat. Place chicken pieces in skillet and fry on medium heat until one side is golden brown, then turn and brown other side until chicken is no longer pink inside and its juices run clear. Drain on paper towel and serve!

Italian Special Sweet Fried Ravioli Cookies

Ingredients

4 (1 ounce) squares semisweet chocolate
1 (1 ounce) square unsweetened chocolate
2 cups shortening for frying
1 cup garbanzo beans, drained and pureed
1 cup white sugar
1 teaspoon ground cinnamon
1/4 cup pureed dates
3/4 cup ground walnuts

3 eggs
1/4 cup melted shortening
2 1/2 cups all-purpose flour
1/4 cup white sugar
1/4 teaspoon salt
1/3 cup confectioners' sugar for dusting

Directions

Melt semisweet chocolate and unsweetened chocolate in the top of a double boiler or in a bowl in the microwave. Stir until smooth. Set aside to cool. Heat the 2 cups shortening in a large, heavy skillet or deep fryer.

In a small bowl, stir together the pureed garbanzo beans, sugar, and cinnamon. Stir in the dates and nuts. Blend with the cooled chocolate. Chill while you make the dough.

In a medium bowl, beat the eggs until fluffy. Stir in the 1/4 cup melted shortening. Sift together the flour, sugar, and salt, and fold into the egg mixture. Add extra flour if necessary to make the dough easy to handle.

On a lightly floured surface, roll the dough out to 1/8 inch thickness. Cut into 3 inch circles using a cookie cutter or a large drinking glass. Place 1 teaspoon of the chocolate filling mixture onto the center of each cookie, fold over into a half circle, and pinch to seal.

Fry cookies in 1 1/2 inches of hot oil, turning once. Cookies should be light brown. Remove with a slotted spoon and drain on paper towels. Refrigerate when cool. Sprinkle with confectioners' sugar before serving.

Stir-Fried Mushrooms with Baby Corn

Ingredients

- 2 tablespoons cooking oil
- 3 cloves garlic, minced
- 1 onion, diced
- 8 baby corn ears, sliced
- 2/3 pound fresh mushrooms, sliced
- 1 tablespoon fish sauce
- 1 tablespoon light soy sauce
- 1 tablespoon oyster sauce
- 2 teaspoons cornstarch
- 3 tablespoons water
- 1 red chile pepper, sliced
- 1/4 cup chopped fresh cilantro

Directions

Heat the oil in a large skillet or wok over medium heat; cook the garlic in the hot oil until browned, 5 to 7 minutes. Add the onion and baby corn and cook until the onion is translucent, 5 to 7 minutes. Add the mushrooms to the mixture and cook until slightly softened, about 2 minutes. Pour the fish sauce, soy sauce, and oyster sauce into the mixture and stir until incorporated.

Whisk the cornstarch and water together in a small bowl until the cornstarch is dissolved into the water; pour into the mushroom mixture. Cook and stir until thickened and glistening. Transfer to a serving dish; garnish with the chile pepper and cilantro to serve.

Fried Rice with Ham

Ingredients

2 tablespoons vegetable oil
4 green onions, chopped
1 cup cubed ham
4 eggs, beaten
1 cup frozen mixed peas and carrots
4 cups cold cooked rice
1 cup bean sprouts
1 teaspoon salt
1/2 teaspoon ground black pepper
3 tablespoons soy sauce

Directions

Heat the vegetable oil in a skillet over medium-high heat. Cook the green onions in the oil for 1 minute. Add the ham, eggs, and the peas and carrot blend to the oil. Cook and stir until the egg is completely cooked. Add the rice and bean sprouts to the egg mixture and stir continually until the rice is heated completely through. Remove from heat; season with salt, pepper, and soy sauce.

Chicken-Fried Chops

Ingredients

1/2 cup all-purpose flour
2 teaspoons salt
1 1/2 teaspoons ground mustard
1/2 teaspoon garlic powder
6 pork loin chops (3/4 inch thick),
trimmed
2 tablespoons vegetable oil
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1/3 cup water

Directions

In a shallow bowl, combine flour, salt, mustard and garlic powder; dredge pork chops. In a skillet, brown the chops on both sides in oil. Place in a slow cooker. Combine soup and water; pour over chops. Cover and cook on low for 6-8 hours or until meat is tender. If desired, thicken pan juices and serve with the pork chops.

Stir-Fried Chicken and Rice Noodles

Ingredients

2 1/2 teaspoons cornstarch
1/3 cup reduced-sodium soy sauce
1/4 cup white wine or chicken broth
2 teaspoons sesame oil
1 1/2 pounds boneless skinless chicken breast halves , cut into 1 -1/2-inch pieces
1/2 cup reduced-sodium chicken broth
2 tablespoons sugar
1 tablespoon Worcestershire sauce
3/4 teaspoon chili powder
3 ounces uncooked Asian rice noodles
4 teaspoons canola oil, divided
3 cups fresh broccoli florets
2/3 cup chopped green onions
3 garlic cloves, minced
2 teaspoons minced fresh gingerroot
1/4 cup unsalted dry-roasted peanuts

Directions

In a small bowl, combine the cornstarch, soy sauce, wine or broth and sesame oil until smooth. Pour 1/4 cup marinade into a large resealable plastic bag; add the chicken. Seal bag and turn to coat; refrigerate for 20 minutes. Add the broth, sugar, Worcestershire sauce and chili powder to remaining marinade; set aside.

Cook rice noodles according to package directions. Meanwhile, drain and discard marinade from chicken. In a large nonstick skillet or wok, stir-fry chicken in 2 teaspoons canola oil until juices run clear; remove and keep warm.

Stir-fry broccoli in remaining canola oil for 5 minutes. Add the onions, garlic and ginger; stir-fry 3-5 minutes longer or until broccoli is tender. Return chicken to the pan. Stir reserved broth mixture and stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain noodles; toss with chicken mixture. Garnish with peanuts.

Chicken Fried Steak I

Ingredients

1 pound boneless beef top loin
2 cups shortening
1 egg, beaten
1 cup buttermilk
salt and pepper to taste
1/4 teaspoon garlic powder
1 cup all-purpose flour

1/4 cup all-purpose flour
1 quart milk
salt and pepper to taste

Directions

Cut top loin crosswise into 4 (4 ounce) cutlets. Using a glancing motion, pound each cutlet thinly with a moistened mallet or the side of a cleaver.

In a large, heavy skillet, heat 1/2 inch shortening to 365 degrees F (185 degrees C).

While the shortening is heating, prepare cutlets. In a shallow bowl, beat together egg, buttermilk, salt and pepper. In another shallow dish, mix together garlic powder and 1 cup flour. Dip cutlets in flour, turning to evenly coat both sides. Dip in egg mixture, coating both sides, then in flour mixture once again.

Place cutlets in heated shortening. Cook until golden brown, turning once. Transfer to a plate lined with paper towels. Repeat with remaining cutlets. Drain grease, reserving 1/2 cup.

Using the reserved drippings in the pan, prepare gravy over medium heat. Blend in 1/4 cup flour to form a paste. Gradually add milk to desired consistency, stirring constantly. For a thicker gravy add less milk; for a thinner gravy stir in more. Heat through, and season with salt and pepper to taste. Serve over chicken fried steak.

Cheesy Fried Squash

Ingredients

4 yellow squash, sliced
1/2 cup creamy salad dressing (e.g. Miracle Whip)
1/4 cup grated Parmesan cheese
1 cup all-purpose flour
1/2 cup vegetable oil
1 large sweet onion, sliced

Directions

Place squash in a large bowl and pour in creamy salad dressing. Cover and refrigerate for 30 minutes.

Remove squash from refrigerator and sprinkle in the parmesan cheese; mix to coat well. Stir in the flour, coating well.

Heat oil in a large skillet over medium-high heat. Carefully place squash in oil and fry until lightly browned. Turn once, and add onions. Fry until squash is browned on both sides. Using a slotted spoon remove squash and onions, and place on paper towels to drain.

Australian Deep Fried Chicken Wings

Ingredients

8 chicken wings
4 tablespoons soy sauce
3 tablespoons oyster sauce
3 tablespoons sweet sherry
salt and pepper to taste
1/2 cup all-purpose flour
1/2 cup corn flour
1 quart oil for deep frying

Directions

To Marinate: Place the chicken wings in a large nonporous glass dish or bowl. In a small bowl mix the soy sauce, oyster sauce, sherry, salt and pepper and pour mixture over chicken; turn to coat. Cover dish and refrigerate to marinate for 12 to 24 hours.

Remove chicken from marinade, disposing of any remaining marinade. Mix all-purpose flour with corn flour in a shallow dish or bowl and toss wings in flour mixture until well coated.

Heat oil in a deep skillet or deep fryer and deep fry wings until crispy and cooked through (juices run clear). Drain on paper towels and serve.

Fried Morel Mushrooms

Ingredients

1 pound morel mushrooms
1/2 cup oil for frying
2 eggs
3/4 cup milk
1 (4 ounce) packet saltine
crackers, finely crushed
salt and black pepper to taste

Directions

Clean the mushrooms carefully with a damp paper towel or a soft mushroom brush. Cut large mushrooms in half.

Heat the oil in a large skillet over medium heat. While the oil is heating, beat the eggs and milk in a shallow bowl. Coat the mushrooms in the egg and milk mixture, then toss them in the cracker crumbs. Carefully place the coated mushrooms in the heated oil. The mushrooms will cook quickly. Cook the mushrooms until they are golden brown on the bottom, then flip them over to brown the other side.

When the mushrooms are evenly browned, remove them from the pan to drain on a paper towel. Season with salt and pepper to taste.

Becca's Chicken-Fried Pork Chops

Ingredients

1 1/2 cups all-purpose flour
1 1/2 teaspoons ground paprika
1/2 teaspoon garlic powder
2 eggs
1/2 cup milk
1/2 (16 ounce) package saltine
crackers, crushed
1/2 cup dry potato flakes
1/2 cup all-purpose flour
4 (3/4 inch) thick pork chops
salt and pepper to taste
1 1/2 cups vegetable oil for frying

Directions

In a shallow bowl, mix 1 1/2 cup of flour, paprika, and garlic powder. In a second shallow bowl, whisk together the eggs and milk until thoroughly blended. In a third bowl, combine the crushed cracker crumbs, potato flakes, and 1/2 cup of flour.

With a fork, prick the pork chops thoroughly to tenderize the meat. Season the chops with salt and pepper.

Gently press the pork chops into the flour to coat, and shake off the excess flour. Dip into the beaten egg mixture, then press each chop into the cracker crumb mixture. Gently toss between your hands so any crumbs that haven't stuck can fall away

Heat the oil in a large, deep skillet over medium heat, and gently place the pork chops into the hot oil. Fry the chops until the meat is no longer pink in the center and the crust is crisp and golden brown, about 5 minutes per side. Remove the chops from the pan, and drain the excess oil on paper towels.

Stir Fried Kale

Ingredients

3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 cup bread crumbs
3 bunches kale - washed, dried,
and shredded

Directions

Heat oil over medium-high heat in a large frying pan. Add onions and garlic; cook and stir until soft.

Mix in breadcrumbs, and cook and stir until brown.

Stir in kale, and cook until wilted. Serve hot or warm.

Chinese Sausage Fried Rice

Ingredients

- 2 cups uncooked white rice
- 4 cups water
- 4 dried shiitake mushrooms
- 1 cup hot water
- 1/2 pound ground chicken
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- 1 pinch white pepper
- 2 tablespoons vegetable oil
- 3 cloves garlic, sliced
- 2 links lop chong (Chinese-style sausage), thinly sliced
- 1 tablespoon dark soy sauce
- 4 green onions, chopped
- 2 eggs, lightly beaten

Directions

Bring the rice and 4 cups of water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Wash and soak the shiitake mushrooms in 1 cup of hot water until softened, about 10 minutes. Slice the mushrooms and set aside, reserving liquid. Season the ground chicken with the soy sauce, sesame oil, and white pepper.

Heat the vegetable oil in a skillet over medium heat. Stir in the garlic and cook until fragrant. Toss in the ground chicken, mushroom, and sausages. Cook and stir until the chicken is crumbly, evenly browned, and no longer pink. Stir in the reserved mushroom liquid, dark soy sauce, green onions, and rice. Cook and stir until the rice is evenly coated with the sauce. Pour the eggs over the rice, stirring until the egg are no longer runny.

Oven Fried Potatoes II

Ingredients

1 tablespoon vegetable oil
1 tablespoon lemon juice
2 large baking potatoes, cut into wedges
salt and pepper to taste

Directions

Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with aluminum foil and spray with vegetable cooking spray.

In a shallow bowl combine oil and lemon juice. Dip potatoes in oil/lemon mixture and season with salt and pepper, to taste. Place on baking sheet.

Bake in preheated oven for 20 minutes. Remove from oven and turn wedges over. Return to oven and continue cooking until crisp and brown on both sides, about 10 minutes more.

Stir-Fried Sweet and Sour Chicken

Ingredients

1 (8 ounce) can pineapple chunks, drained
2 green bell pepper, cut into 1 inch pieces
1/4 cup cornstarch
1 3/4 cups water
3/4 cup SLENDA® No Calorie Sweetener, Granulated
1/2 cup distilled white vinegar
2 drops orange food color
8 skinless, boneless chicken breast halves - cut into 1 inch cubes
2 1/4 cups self-rising flour
2 tablespoons vegetable oil
2 tablespoons cornstarch
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1 egg
2 cups water
1 quart vegetable oil for frying

Directions

In a saucepan, combine 1 1/2 cups water, SLENDA® Granulated Sweetener, vinegar, reserved pineapple syrup, and orange food coloring. Heat to boiling. Turn off heat. Combine 1/4 cup cornstarch and 1/4 cup water; slowly stir into saucepan. Continue stirring until mixture thickens.

Combine flour, 2 tablespoons oil, 2 tablespoons cornstarch, salt, white pepper, and egg. Add 1 1/2 cups water gradually to make a thick batter. Stir to blend thoroughly. Add chicken pieces, and stir until chicken is well coated.

Heat oil in skillet or wok to 360 degrees F (180 degrees C). Fry chicken pieces in hot oil until golden. Remove chicken, and drain on paper towels.

When ready to serve, layer green peppers, pineapple chunks, and cooked chicken pieces on a platter. Pour hot sweet and sour sauce over top.

Japanese-Style Deep Fried Chicken

Ingredients

2 eggs, lightly beaten
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon white sugar
1 tablespoon minced garlic
1 tablespoon grated fresh ginger root
1 tablespoon sesame oil
1 tablespoon soy sauce
1/8 teaspoon chicken bouillon granules
1 1/2 pounds skinless, boneless chicken breast halves - cut into 1 inch cubes
3 tablespoons potato starch
1 tablespoon rice flour
oil for frying

Directions

In a large bowl, mix together eggs, salt, pepper, sugar, garlic, ginger, sesame oil, soy sauce, and bouillon. Add chicken pieces, and stir to coat. Cover, and refrigerate for 30 minutes.

Remove bowl from refrigerator, add potato starch and rice flour to meat, and mix well.

In a large skillet or deep fryer, heat oil to 365 degrees F (185 degrees C). Place chicken in hot oil, and fry until golden brown. Cook meat in batches to maintain oil temperature. Drain briefly on paper towels. Serve hot.

Fried Tulingan (Mackerel)

Ingredients

1 (3 1/2) pound whole mackerel,
gutted and cleaned
2 cups water
1 tablespoon tamarind soup base
1 teaspoon fish sauce
oil for frying

Directions

Combine the mackerel, water, tamarind soup base, and fish sauce in a pot over medium heat. Cover and cook at a simmer for about 15 minutes. Flip the fish, cover again, and simmer another 15 minutes. Remove from heat and allow to sit, covered, for 1 hour.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Remove the fish from the pot and pat dry with paper towels to remove as much excess moisture as possible.

Fry the fish in the hot oil until golden brown, 7 to 10 minutes. Serve hot.

Fried Plantains

Ingredients

1 quart oil for frying
2 plantains

Directions

Preheat oil in a large, deep skillet over medium high heat.

Peel the plantains and cut them in half. Slice the halves lengthwise into thin pieces.

Fry the pieces until browned and tender. Drain excess oil on paper towels.

Fried Cauliflower

Ingredients

1 head cauliflower, broken into small florets
1 egg
2 teaspoons milk
1 cup cracker crumbs
4 cups oil for deep frying

Directions

Place cauliflower into a pan of lightly salted boiling water. Cook for 5 to 8 minutes, or until tender. Remove from heat, drain and cool.

Heat oil in a deep-fryer to 365 degrees F (180 degrees C). In a small bowl, whisk together the egg and milk with a fork. Place cracker crumbs in a shallow dish. Dip cauliflower in the egg mixture then roll in cracker crumbs.

Fry coated cauliflower in the hot oil until golden brown. Drain on paper towels.

Stir Fried Pasta with Veggies

Ingredients

8 ounces spaghetti
2 cloves crushed garlic
2 tablespoons olive oil
1 onion, sliced into thin rings
2 skinless, boneless chicken breast halves - cut into bite-size pieces
2 cups broccoli florets
2 cups cauliflower florets
2 cups julienned carrots
salt to taste
ground black pepper to taste
2 tablespoons soy sauce

Directions

Bring a large pot of water to a boil. Cook spaghetti pasta in boiling water until al dente. Drain.

Meanwhile, heat oil in a large skillet or wok over medium-high heat. Cook garlic in oil for 1 minute. Stir in onion, and cook until soft. Stir in chicken, and cook until juices run clear. Mix in the broccoli, cauliflower, and carrots, and cook for 2 to 5 minutes, stirring frequently. Season with soy sauce, salt, and pepper.

Toss pasta with vegetables, and serve warm.

Mock Chicken Fried Steak

Ingredients

1 pound ground beef
2 teaspoons chopped fresh parsley
1 tablespoon chili powder
1 teaspoon salt
1 egg
2 cups crushed saltine crackers, divided
1/2 cup oil for frying

Directions

In a medium bowl, mix together the ground beef, parsley, chili powder, salt, egg, and 1 cup of crushed saltine crackers. Form into 6 balls, then flatten into patties. Coat patties with remaining cracker crumbs, and place them on a plate. Refrigerate for at least 30 minutes.

Heat the oil in a large skillet over medium heat. Fry patties for about 7 minutes per side, or until the centers are well done and the outside is golden brown.

Indian Stir-Fried Shrimp in Cream Sauce (Bhagari)

Ingredients

- 1 tablespoon tomato paste
- 1/2 teaspoon salt
- 1 teaspoon white sugar
- 1 teaspoon garam masala
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper
- 3 tablespoons finely chopped fresh cilantro
- 1 fresh jalapeno pepper, chopped
- 1 tablespoon fresh lemon juice
- 1 cup coconut milk
- 3 tablespoons vegetable oil
- 1 teaspoon black mustard seed
- 3 cloves garlic, minced
- 1 1/4 pounds medium shrimp - peeled and deveined
- 1 tablespoon cornstarch
- 1 tablespoon cold water

Directions

In a medium bowl, stir together tomato paste, salt, sugar, garam masala, ground cumin seed, ground red pepper, cilantro, jalapeno pepper, lemon juice, and coconut milk. Set coconut sauce aside.

Heat oil in a wok or frying pan over medium-high heat. When oil is hot, add the mustard seeds, and cook until they begin to pop. Immediately stir in garlic, and cook until garlic begins to brown. Add shrimp, and cook until shrimp is opaque; this should take only a minute or two. Pour the coconut sauce over the shrimp; cook until the sauce begins to simmer. In a small bowl, mix together cornstarch and water; stir into the sauce, and continue cooking until thick.

Pork Fried Rice for Two

Ingredients

1/8 teaspoon Chinese five-spice powder
6 ounces boneless pork loin, cut into 1/4 inch cubes
1/2 teaspoon fennel seed, crushed
1 1/2 teaspoons canola oil, divided
2 cups broccoli florets
1 celery rib with leaves, sliced
1/2 cup shredded carrot
1/4 cup chopped green onions
1 1/2 cups cold cooked brown rice
1 tablespoon reduced-sodium soy sauce
1/8 teaspoon pepper

Directions

Sprinkle five-spice powder over pork and toss to coat. In a large nonstick skillet or wok coated with nonstick cooking spray, stir-fry pork for 3 minutes or until brown. Remove and keep warm. Stir-fry fennel seed in 3/4 teaspoon oil for 30 seconds. Add the broccoli, celery, carrot and onions; stir-fry for 3 minutes or until crisp-tender. Remove and keep warm.

Stir-fry the rice in remaining oil for 2 minutes. Stir in soy sauce and pepper. Return pork and vegetables to the pan; cook and stir until heated through.

Southern Fried Green Tomatoes

Ingredients

1 extra large egg
4 tablespoons milk
1 cup cornmeal
1 cup all-purpose flour
3 tablespoons extra virgin olive oil
3 green tomatoes, sliced

Directions

In a small bowl whisk together egg and milk. In another small bowl mix cornmeal and flour.

Heat oil in a large skillet over medium heat; use more or less oil to reach about 1/4 inch in depth.

Dredge tomato slices first in egg mixture, then in cornmeal mixture. Carefully place slices in hot oil and cook until browned on both sides.

Thai Fried Bananas

Ingredients

3/4 cup white rice flour
1/4 cup tapioca flour
2 tablespoons white sugar
1 teaspoon salt
1/2 cup shredded coconut
1 1/4 cups water
10 bananas
3 cups oil for frying

Directions

In a medium bowl, mix rice flour, tapioca, sugar, salt and coconut. Stir in water, a little at a time, and mix to form a thick batter.

Peel the bananas and cut each lengthwise into 3 or 4 pieces. Heat oil in deep-fryer or deep wok to 375 degrees F (190 degrees C).

Completely coat each banana slice in batter, then fry in hot oil until golden. Drain on paper towels. Serve at once.

Chicken-Fried Chops

Ingredients

1/2 cup all-purpose flour
2 teaspoons salt
1 1/2 teaspoons ground mustard
1/2 teaspoon garlic powder
6 pork loin chops (3/4 inch thick),
trimmed
2 tablespoons vegetable oil
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1/3 cup water

Directions

In a shallow bowl, combine flour, salt, mustard and garlic powder; dredge pork chops.

In a skillet, brown chops on both sides in oil. Place in a slow cooker. Combine soup and water; pour over chops. Cover and cook on low for 6-8 hours or until meat is tender. If desired, thicken pan juices and serve with the chops.

Stir Fried Snow Peas and Mushrooms

Ingredients

1 tablespoon sesame seeds
1 tablespoon olive oil
1/2 pound snow peas
4 ounces fresh mushrooms, thinly sliced
2 tablespoons teriyaki sauce

Directions

In a medium skillet over medium heat, cook the sesame seeds about 5 minutes, stirring frequently, until lightly browned. Remove from heat, and set aside.

Heat oil in the skillet over medium high heat. Stir in snow peas and mushrooms, and cook 3 to 4 minutes, until tender.

Transfer snow peas and mushrooms to a medium bowl. Toss with sesame seeds and teriyaki sauce, and serve warm.

Baked Chicken-Fried Steak with Mushroom Gravy

Ingredients

1 cup all-purpose flour
6 (4 ounce) cube steaks
1 cup peanut or vegetable oil, for frying
1 pinch seasoned salt, or to taste
1 pinch garlic powder, or to taste
1 pinch black pepper, or to taste
2/3 cup finely diced onion
1 (10.75 ounce) can condensed cream of chicken soup
2 (4.5 ounce) cans sliced mushrooms with juice
1/2 (10.75 ounce) can water, or as needed

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 9x12 inch baking dish. Place flour in a shallow dish. Dredge steaks in the flour to coat evenly.

Heat peanut oil in a skillet over medium heat, and cook the steaks for about 5 to 8 minutes per side, until golden brown.

Place 3 fried cube steaks in the bottom of the prepared baking dish. Sprinkle the steaks lightly with seasoned salt, garlic powder, and pepper, and scatter 1/3 cup of diced onions over the steaks. Layer the remaining 3 steaks on top, repeat the seasoning, and sprinkle with the rest of the onion.

Pour the condensed soup in a bowl, and drain the juice from the canned mushrooms into the empty soup can. Pour in enough water to fill the can, and whisk the liquid and mushrooms into the soup. Pour the soup mixture over the layered steaks.

Cover and bake for 30 minutes in the preheated oven. Reduce heat to 300 degrees F (150 degrees C) and bake for an additional 30 to 45 minutes, until the onions are tender and the gravy is thick and bubbling.

Deep Fried Jalapeno Slices

Ingredients

- 1 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 2 eggs
- 1 cup beer
- 1/2 quart vegetable oil
- 2 cups sliced jalapeno peppers

Directions

Mix flour, salt, pepper, red chili powder, garlic powder, eggs, and beer together in a bowl.

In a deep fryer, or large pot heat oil to 365 degrees F (180 degrees C).

Dip the sliced jalapenos in the batter. Place battered jalapenos in deep fryer. The jalapenos are fully cooked when they float to the surface of the oil. They should be golden brown and crispy. Enjoy!

Deep Fried Brie

Ingredients

1 egg
salt and pepper to taste
1 (8 ounce) wedge Brie cheese,
cut into 1 inch cubes
1/2 cup dry bread crumbs
3 cups oil for deep frying
1 cup cranberry sauce

Directions

In a small bowl, whisk the egg with some salt and pepper using a fork. Place the bread crumbs in a separate bowl. Dip the cubes of Brie into the egg, then roll in breadcrumbs until evenly coated and well covered. Place the cheese cubes on a tray, and refrigerate for about 20 minutes, to firm up.

Heat oil in deep-fryer or heavy saucepan to 375 degrees F (190 degrees C). Fry the cheese cubes for 3 to 5 minutes, until deep golden brown. Remove with a slotted spoon, and drain on paper towels. Serve warm with cranberry sauce for dipping. You can also make these before your guests arrive, and keep them in a warm oven.

Japanese Style Deep Fried Shrimp

Ingredients

1 pound medium shrimp, peeled (tails left on) and deveined
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1 cup all-purpose flour
1 teaspoon paprika
2 eggs, beaten
1 cup panko crumbs
1 quart vegetable oil for frying

Directions

Place the shrimp in a bowl and season with salt, pepper and garlic powder. In a small bowl, stir together the flour and paprika. Place eggs and panko crumbs into separate bowls.

Heat the oil in a deep-fryer or deep skillet to 375 degrees F (190 degrees C). Dip each shrimp into the flour mixture, then into the egg, and finally into the panko crumbs to coat. Fry a few at a time until golden brown. This should take no longer than 5 minutes. Remove with a slotted spoon and drain on paper towels before serving.

Fried Green Tomato Lasagna

Ingredients

4 large ripe tomatoes, peeled and chopped
1 (6 ounce) can tomato paste
2 tablespoons sugar
2 tablespoons Italian seasoning
1 garlic clove, minced
1/2 teaspoon garlic salt
1/8 teaspoon pepper
5 tablespoons butter or margarine
4 large tomatoes, cut into 1/4 inch slices
1/2 cup all-purpose flour
6 tablespoons grated Parmesan cheese
2 cups shredded mozzarella cheese

Directions

In a large saucepan, combine the first seven ingredients. Bring to a boil over medium heat. Reduce heat; cover and simmer for 1 hour, stirring occasionally. Remove from the heat; set aside. In a large skillet over medium heat, melt the butter. Dip green tomato slices in flour; brown in skillet on both sides. Remove to paper towels to drain. Spoon 3/4 cup tomato mixture into a greased 13-in. x 9-in. x 2 in. baking dish. Top with a third of the green tomatoes; sprinkle with 2 tablespoons Parmesan cheese. Repeat layers twice. Top with remaining tomato mixture and mozzarella cheese. Bake, uncovered, at 350 degrees F for 15-20 minutes or until cheese is melted and sauce is bubbly. Let stand 5 minutes before serving.

Deep Fried Tripe

Ingredients

3 pounds beef tripe, cut into 1/4 inch strips
vegetable oil for frying
1 egg
2 tablespoons barbeque sauce
1 1/2 cups milk
2 cups all-purpose flour
1 tablespoon garlic powder
2 teaspoons ground black pepper
1 tablespoon Italian seasoning

Directions

Place the tripe into a large pot, and cover with a lot of water. Bring to a boil over high heat; reduce heat to medium-low, cover, and simmer 1 1/2 hours. Drain, then rinse well with cold water. Drain in a colander, squeezing out the excess water.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Beat together the egg, barbeque sauce, and milk in a mixing bowl. Stir in the flour, and mix until no dry lumps remain. Season with garlic powder, pepper, and Italian seasoning.

Dip the pieces of tripe into the egg batter, and allow the excess to drip off. Deep fry the tripe in the hot oil until golden brown, about 2 minutes. Allow the tripe to drain on a paper towel-lined plate before serving.

Fried Cauliflower with Tahini Sauce

Ingredients

1/3 cup tahini
2 cloves garlic, minced
1 tablespoon chopped fresh parsley
1/4 cup water
1/4 cup fresh lemon juice
salt and pepper to taste
6 cups vegetable oil for frying
1 head cauliflower, cut into florets

Directions

Whisk together the tahini, garlic, parsley, water, and lemon juice together in a bowl until no lumps of tahini remain. Season to taste with salt and pepper, and set aside.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Fry half of the cauliflower florets in the hot oil until they turn golden brown, about 8 minutes. Drain on a paper towel-lined plate. Repeat with the remaining florets. Serve immediately with the tahini sauce.

Home-Fried Potatoes

Ingredients

- 4 red potatoes
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 2 tablespoons olive oil
- 1 teaspoon salt
- 3/4 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 1/4 cup chopped fresh parsley

Directions

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool cut into 1/2 inch cubes.

In a large skillet, heat 1 tablespoon olive oil over medium high heat. Add onion and green pepper. Cook, stirring often, until soft; about 5 minutes. Transfer to a plate and set aside.

Pour remaining 2 tablespoons of oil into the skillet and turn heat to medium-high. Add potato cubes, salt, paprika and black pepper. Cook, stirring occasionally, until potatoes are browned; about 10 minutes. Stir in the onions, green peppers and parsley and cook for another minute. Serve hot.

Chicken-Fried Steak Strips

Ingredients

1 egg, lightly beaten
1/4 cup milk
1 cup all-purpose flour
1 tablespoon onion powder
1 1/2 teaspoons garlic powder
1 teaspoon seasoned salt
1 teaspoon paprika
1/2 teaspoon dried parsley flakes
1/2 pound boneless beef round
steak, cut into thin strips
oil for frying

Directions

In a shallow bowl, combine egg and milk. In another shallow bowl, combine flour and seasonings. Dip beef in egg mixture, then in flour mixture. Dip again in egg mixture and coat with flour mixture. Let stand for 5 minutes.

In a skillet, heat 1/4 in. of oil over medium heat. Place a few pieces of meat in the skillet at a time. Fry until golden brown, about 4 minutes. Drain on paper towels.

Chicken Fried Chicken

Ingredients

30 saltine crackers
2 tablespoons all-purpose flour
2 tablespoons dry potato flakes
1 teaspoon seasoned salt
1/2 teaspoon ground black pepper
1 egg
1/4 cup vegetable oil
6 skinless, boneless chicken breast halves

Directions

Place crackers in a large resealable plastic bag; seal bag and crush crackers until they are coarse crumbs. Add flour, potato flakes, seasoned salt, and pepper to bag and mix well.

Beat egg in a shallow dish or bowl; heat oil in a large skillet over medium high heat.

One by one, dredge chicken pieces in egg beat, then place in bag with crumb mixture, seal bag and shake to coat.

Reduce heat to medium and cook coated chicken in skillet for 15 to 20 minutes, turning frequently, until golden brown and juices run clear.

Fried Zucchini

Ingredients

2 zucchini, quartered and sliced
1 onion, sliced into rings
1/2 cup all-purpose flour
1/2 cup cornmeal
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 cup vegetable oil for frying

Directions

Place zucchini and onions in a medium bowl and mix together.

In a small bowl mix flour, cornmeal, salt, pepper and garlic powder.

Pour dry mixture over zucchini/onion mixture, cover bowl and shake well. Let mixture sit for about 30 minutes; a batter will form on the vegetables.

In a medium skillet heat oil over medium heat. When oil is hot add breaded vegetables and fry, turning to brown evenly.

Thai Spicy Basil Chicken Fried Rice

Ingredients

3 tablespoons oyster sauce
2 tablespoons fish sauce
1 teaspoon white sugar
1/2 cup peanut oil for frying
4 cups cooked jasmine rice, chilled
6 large cloves garlic clove, crushed
2 serrano peppers, crushed
1 pound boneless, skinless chicken breast, cut into thin strips
1 red pepper, seeded and thinly sliced
1 onion, thinly sliced
2 cups sweet Thai basil
1 cucumber, sliced (optional)
1/2 cup cilantro sprigs (optional)

Directions

Whisk together the oyster sauce, fish sauce, and sugar in a bowl.

Heat the oil in a wok over medium-high heat until the oil begins to smoke. Add the garlic and serrano peppers, stirring quickly. Stir in the chicken, bell pepper, onion and oyster sauce mixture; cook until the chicken is no longer pink. Raise heat to high and stir in the chilled rice; stir quickly until the sauce is blended with the rice. Use the back of a spoon to break up any rice sticking together.

Remove from heat and mix in the basil leaves. Garnish with sliced cucumber and cilantro as desired.

LaVanda's Fried Chicken

Ingredients

1 (3 pound) whole chicken, cut into pieces
2 cups cornflakes cereal crumbs
1/4 teaspoon garlic salt
1/4 teaspoon ground black pepper
1/4 teaspoon paprika
1 egg, beaten

Directions

Rinse chicken pieces in cold water and pat dry with paper towels.

Mix the corn flakes, garlic salt, pepper and paprika in a shallow dish.

Dip the chicken pieces in the egg then roll in the corn flakes mixture.

Put a small amount of cooking oil in a non-stick skillet. Heat on medium high heat until water sizzles on the surface.

Place chicken pieces in the hot skillet and cook until internal temperature of the leg reaches 180 degrees F and the juices run clear.

Fried Gorgonzola Olives

Ingredients

1 (15 ounce) can jumbo pitted
black olives, drained
4 ounces soft Gorgonzola cheese
2 eggs, beaten
1/4 cup milk
1 cup Italian-style dry bread
crumbs
oil for deep frying

Directions

Drain olives well on paper towels. Place Gorgonzola cheese in a pastry bag, or a heavy plastic bag, and squirt into each olive.

Whisk together the eggs and milk; place the bread crumbs in a shallow bowl. Dip olives in the egg mixture, shake off the excess, and roll in bread crumbs to coat; set aside.

Heat at least 4 inches of oil in a large pot to 375 degrees F (190 degrees C).

Fry olives in hot oil until golden brown and drain on paper towels. Allow to cool slightly before serving.

Fried Sausage Grits

Ingredients

4 cups water
1 teaspoon salt
1 cup quick-cooking grits
1/2 pound bulk pork sausage
1 small onion, finely chopped
Cornmeal
oil for frying

Directions

In a saucepan, bring water and salt to a boil; slowly add grits, stirring constantly. Reduce heat to medium-low; cover and cook for 5-7 minutes or until very thick; set aside. In a skillet, cook and crumble sausage until browned; drain. Add sausage and onion to grits; mix well. Spoon into a greased 8-1/2-in. x 4-1/2-in. x 2-1/2-in. loaf pan. Chill overnight. remove from pan; cut into 1/2-in. slices. Roll slices in cornmeal. Fry in a large skillet until golden brown on both sides.

Spicy Dry Fried Curry Chicken

Ingredients

- 1 (2 to 3 pound) whole chicken
- 1/2 teaspoon ground turmeric
- 1 tablespoon ground coriander
- 2 teaspoons black pepper
- 1 1/2 tablespoons chili powder
- 1 1/2 teaspoons salt
- 3 tablespoons vegetable oil
- 1 teaspoon mustard seeds
- 1 teaspoon fenugreek seeds
- 1 large onion, sliced
- 1 1/2 teaspoons cumin seeds
- 3 leaves fresh curry
- 2 teaspoons ginger paste
- 1 teaspoon garlic paste
- 2 cups water
- 1 cup coconut milk
- 2 tablespoons fresh lime juice

Directions

Clean, and cut chicken into 12 to 14 pieces. Place chicken in a large bowl, and season with turmeric powder, coriander powder, black pepper, chili powder, and salt. Cover bowl, and refrigerate for 1 hour.

Heat oil in a large pan over medium heat. Fry mustard seeds, fenugreek, onion, cumin seeds, and curry leaves in oil for about 3 to 4 minutes. Stir in garlic and ginger pastes, and cook for another 2 minutes. Add chicken and water, stir, and cover with lid. Cook for 20 to 25 minutes.

Stir in coconut milk, and cook until almost dry. Stir to keep the chicken from sticking to the bottom of the pan. Stir in lime juice, and cook until dry.

Oven Fried Chicken II

Ingredients

12 chicken thighs
3 eggs
1 cup all-purpose flour
1 cup Italian seasoned bread crumbs
salt and pepper to taste
1 teaspoon paprika
1/2 cup vegetable oil

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place flour in a shallow plate or bowl and season with salt and pepper to taste. Put the bread crumbs in another shallow plate or bowl and beat the eggs in another bowl.

Dredge the chicken piece by piece in the flour, then the egg, then the bread crumbs, until all pieces are coated. Pour the oil into a 9x13 inch baking dish. Add the chicken to the dish and sprinkle with paprika to taste. Bake in the preheated oven for 30 minutes, then turn pieces over and bake for another 30 minutes. Remove from oven and drain on paper towels. Enjoy!

Bacon Fried Bananas

Ingredients

1 pound bacon
3 ripe bananas, sliced

Directions

Place the bacon in a large, deep skillet; cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.

Reduce heat to medium. Place the bananas cut side down and cook one minute. Flip with a spatula and cook an additional minute. Drain the banana slices on a paper towel-lined plate. Serve warm with bacon.

Bill's Fried Bacon

Ingredients

1/3 cup water
1 tablespoon granulated garlic
1 tablespoon paprika
1 pound sliced bacon

Directions

In a large skillet, stir together the water, garlic, and paprika. Separate the bacon slices, and place in the skillet. Turn the heat to high. The water will evaporate leaving the bacon coated with the garlic and paprika. Reduce the heat to medium-high, and continue to fry to your desired crispness, turning as needed.

Stir-Fried Chicken With Pineapple and Peppers

Ingredients

1/4 cup reduced-salt soy sauce
2 tablespoons white wine vinegar
2 tablespoons mirin (sweetened Asian wine)
1 teaspoon grated ginger root
2 crushed garlic cloves
1 tablespoon cornstarch
2 tablespoons oil, preferably sesame oil
1 pound boneless, skinless chicken breast, cut in 1-inch pieces
6 large green onions, cut in 1-inch pieces
2 cups fresh or frozen pepper strips
1 (20 ounce) can chunk pineapple in juice
1/4 cup sliced almonds (optional)

Directions

Combine first six ingredients; stir well.

Heat oil in a large skillet and stir-fry chicken until brown and done, about 5 minutes. Remove. Add green onions, peppers and pineapple to the skillet; heat through. Pour in sauce and stir until thickened. Return chicken to skillet; heat through. Serve with brown rice; top with optional almonds.

Oven-Fried Chicken

Ingredients

1/2 cup cornmeal
1/2 cup dry bread crumbs
1 teaspoon dried tarragon
1 teaspoon ground ginger
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1/4 teaspoon pepper
3 egg whites
2 tablespoons fat-free milk
1/2 cup all-purpose flour
6 bone-in chicken breast halves
Refrigerated butter-flavored spray*

Directions

In a shallow bowl, combine the first seven ingredients. In another shallow bowl, combine egg whites and milk. Place flour in a third shallow bowl. Coat chicken with flour; dip in the egg white mixture, then roll in cornmeal mixture. Place in a 15-in. x 10-in. x 2-in. baking pan coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 40 minutes. Spritz with butter-flavored spray. Bake 10 -15 minutes longer or until juices run clear.

Pan-Fried Mustard Mayonnaise Tilapia

Ingredients

1 1/2 cups panko bread crumbs
1/2 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon ground thyme
1/8 teaspoon ground black pepper
1 teaspoon dried parsley
1/3 cup spicy brown mustard
1/3 cup mayonnaise
2 tablespoons vegetable oil, or as needed
6 tilapia fillets

Directions

Stir together the panko crumbs, salt, paprika, thyme, black pepper, and dried parsley in a bowl until thoroughly combined. In another bowl, mix the brown mustard and mayonnaise until smooth.

Heat vegetable oil in a skillet over medium heat until the oil shimmers. Dip each tilapia fillet into the mustard mixture, then coat on all sides with the seasoned panko crumbs. Lay the coated fillets gently into the hot oil, and cook until golden brown, about 4 minutes per side.

Turkey Fried Rice

Ingredients

2 cups reduced sodium chicken broth
1 cup uncooked brown rice
2 cups cubed cooked turkey breast
3 tablespoons reduced-sodium soy sauce
1 egg, lightly beaten
1 small onion, chopped
1/4 cup chopped green pepper
1/4 cup chopped celery
1 tablespoon canola oil
1 cup shredded romaine lettuce

Directions

In a saucepan, bring broth to a boil. Stir in rice. Reduce heat; cover and simmer for 45-50 minutes or until liquid is absorbed and rice is tender. Remove from the heat; cool. Cover and refrigerate overnight.

In a bowl, combine turkey and soy sauce; cover and refrigerate. In a large nonstick skillet, cook and stir the egg over medium heat until completely set. Remove and set aside. In the same skillet, saute onion, green pepper and celery in oil until tender. Add rice and turkey; cook and stir over medium heat for 6-8 minutes. Add lettuce and reserved egg; cook and stir for 1-2 minutes. Serve immediately.

Butter Fried Zucchini

Ingredients

2 eggs, beaten
2 cups all-purpose flour
2 large zucchini, cut into 1/2 inch slices
3/4 cup margarine
salt and pepper to taste

Directions

Place the beaten eggs in a bowl. Place the flour on a dish. Dip the zucchini in the eggs, then dredge in the flour to coat.

Melt the margarine in a large skillet over medium heat. Fry the coated zucchini slices in the margarine until lightly browned. Season with salt and pepper.

Deep-Fried Turkey Marinade

Ingredients

1 (16 ounce) bottle Italian dressing
1/2 cup cayenne pepper
1/2 cup black pepper
1 cup Creole seasoning
2 tablespoons garlic powder

Directions

In a medium bowl, mix 3/4 Italian dressing, cayenne pepper, black pepper, Creole seasoning, and garlic powder. Rub over turkey, using remaining Italian dressing to fill cavity. Allow turkey to marinate 8 hours, or overnight, before deep-frying as desired.

Italian Fried Eggplant Balls

Ingredients

4 medium eggplants, peeled and quartered
2 tablespoons all-purpose flour
1 egg
1/2 teaspoon ground white pepper
1 pepperoncini pepper, chopped
1 cup vegetable oil
salt to taste

Directions

Place eggplant in a pot of salted water, bring pot to a boil. Let eggplant cook until tender; drain well.

In an electric food processor, combine eggplant, flour, egg, white pepper, and pepperoncini. Blend until a smooth paste is formed.

In a heavy pot or deep fryer, heat vegetable oil to 375 degrees F (190 degrees C). Drop eggplant paste into the oil one spoonful at a time. Fry until the eggplant balls are golden. Salt to taste and drain on paper towels before serving.

Hawaiian Fried Won Tons

Ingredients

1 (12 ounce) container fully cooked luncheon meat (e.g. Spam), chopped
1 (8 ounce) can water chestnuts, drained and chopped
3 tablespoons green onions, chopped
3 tablespoons fresh parsley, chopped
3 hard-cooked eggs, peeled and chopped
1/2 teaspoon pepper
1 1/2 tablespoons oyster sauce
1 (14 ounce) package square wonton wrappers
1 quart vegetable oil for frying

Directions

In a medium bowl, mix together the lunchmeat, water chestnuts, green onions, parsley, hard-cooked eggs, pepper, and oyster sauce. Set aside.

On a clean flat surface, such as a cutting board, lay out 4 to 6 wonton skins at a time. Place a tablespoon of the meat mixture into the center of each one. Keep a small bowl of water next to the work area to dip fingers in. Use wet fingers to moisten the corners of each wrapper. Quickly pinch all 4 corners together to seal in the filling. If it doesn't hold, use more water. Keep filled wontons covered with plastic wrap to prevent drying while the others are made.

Heat one inch of oil in a deep heavy skillet over medium-high heat, or heat recommended amount of oil in a deep-fryer to 365 degrees F (185 degrees C). Fry wontons for a few minutes on each side, or until golden. Remove to paper towels to absorb excess grease. Enjoy the grinds!

Southern Fried Cabbage

Ingredients

3 slices bacon, cut into thirds
1/3 cup vegetable oil
1 teaspoon salt, or to taste
1 teaspoon ground black pepper,
or to taste
1 head cabbage, cored and sliced
1 white onion, chopped
1 pinch white sugar

Directions

Place the bacon and vegetable oil into a large pot over medium heat. Season with salt and pepper. Cook for about 5 minutes, or until bacon is crisp. Add cabbage, onion, and sugar to the pot; cook and stir continuously for 5 minutes, until tender.

Fried Green Cucumbers

Ingredients

2 cups all-purpose flour
2 tablespoons salt
2 tablespoons ground black pepper
5 eggs
1/4 cup milk
1 teaspoon salt
1 teaspoon ground black pepper
1 quart vegetable oil for frying
2 large cucumbers, cut into 1/2-inch slices

Directions

Whisk the flour together with 2 tablespoons salt and 2 tablespoons pepper in a mixing bowl; set aside. Beat the eggs in a separate mixing bowl; whisk in the milk, 1 teaspoon salt, and 1 teaspoon pepper until smooth.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Dip the cucumber slices into the beaten egg, then press into the flour. Gently place the cucumber slices into the hot oil and cook until golden brown on both sides, about 3 to 4 minutes. Drain on a paper towel-lined plate, allowing to cool 5 minutes before serving.

Fried Red Tomatoes with Gravy

Ingredients

1/4 cup vegetable oil for frying
4 ripe tomatoes, sliced
seasoning salt to taste
1/2 cup all-purpose flour for coating
2 tablespoons all-purpose flour
1 cup half-and-half cream
2 tablespoons brown sugar
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Directions

In a large skillet heat oil over medium heat. Sprinkle seasoning salt on both sides of tomato slices, then dredge in the 1/2 cup of flour. Place tomatoes in the hot oil and fry until golden brown, turning once. Keep tomatoes warm.

Add the 2 tablespoons of flour to the oil and cook over medium heat, stirring until smooth, about one minute. Gradually pour in the half and half, stirring constantly until thickened. Stir in the brown sugar, salt and pepper. Spoon gravy over the tomato slices and serve immediately.

Fried Apples

Ingredients

5 apples - peeled, cored and sliced
1/4 cup vegetable oil
1/4 cup maple flavored syrup
1 pinch salt

Directions

Melt oil or butter in a medium-sized cast iron pan over medium heat. Lay the apple slices in the oil or butter. Cook slowly, turning slices as they start to break down.

When they are soft on both sides, season with a pinch of salt and the syrup.

Green Tomato Mincemeat Fried Pies

Ingredients

2 pounds green tomatoes
3/4 cup distilled white vinegar
1 1/2 teaspoons ground cinnamon
3 cups water
3 pounds tart apples - peeled,
cored and chopped
1 1/2 pounds raisins
3 3/4 cups packed brown sugar
3 1/2 teaspoons salt
1 teaspoon ground nutmeg
1 teaspoon lemon zest
1 teaspoon ground cloves
1/4 cup lemon juice
1/2 cup butter flavored shortening

2 cups all-purpose flour
1 teaspoon salt
1/3 cup shortening
3 tablespoons ice water
3 cups shortening for frying

Directions

Chop the tomatoes very coarsely. Place tomatoes in a colander and drain, by pressing with your hand, all the tomato juice possible. Put the tomatoes in a large sauce pan with 1 cup of water, heat to boil, drain well.

Put the tomatoes back in the sauce pan with 1 cup of water, heat to boil, drain again.

Now, put the tomatoes back in the sauce pan with one cup of water, apples, raisins, brown sugar, 3 1/2 teaspoons salt, vinegar and 1/2 cup shortening. cook slowly until transparent.(30 min.)Stir often.

In the last 5 minutes of cooking, add cinnamon, nutmeg, cloves, lemon rind and juice.

For the Pastry: In a large bowl, combine flour, 1 teaspoon salt and shortening. Add ice water,1 tablespoon at a time, until the dough barely holds together.

Roll dough out to 1/8 inch thick on floured surface. Cut a 5 inch circle, place a large spoonful of filling on one half of the circle. Fold over and seal the edges by pressing them with a fork. Continue until all dough is used.

In a large skillet, Heat shortening to 360 degrees F (182 degrees C). place 4 pies in the hot shortening at a time. Fry until golden-brown on both sides. Drain on paper towels.

Braised Green Beans with Fried Tofu

Ingredients

2 tablespoons white sugar
3 tablespoons soy sauce
1 cup dry white wine
1/2 cup chicken broth

1 (14 ounce) package tofu,
drained
salt and pepper to taste
1 tablespoon cornstarch
3 cups oil for frying, or as needed
1 onion, chopped
4 plum tomatoes, sliced into thin
wedges
12 ounces fresh green beans,
trimmed and cut into 3 inch pieces
1 cup bamboo shoots, drained
and sliced
1 cup chicken broth, or as needed
2 tablespoons cornstarch
3 tablespoons water

Directions

In a small bowl, stir together the white sugar, soy sauce, white wine and 1/2 cup of chicken broth. Set the sauce aside.

Pat the tofu dry with paper towels, and cut into cubes. Season the cubes with salt and pepper. Sprinkle 1 tablespoon of cornstarch over them on all sides.

Heat a little more than 1 inch of oil in a large deep skillet over medium-high heat. If you have a deep-fryer, fill to the recommended level, and heat the oil to 375 degrees F (190 degrees C). When the oil is hot, add the tofu, and fry until golden brown on all sides. Turn occasionally. Remove from the oil with a slotted spoon, and drain on paper towels.

In a separate skillet, heat one tablespoon of oil over medium-high heat. Add the onions and green beans; cook and stir for 3 to 5 minutes. Season with salt and pepper. Stir in the tomatoes, and cook until they begin to break apart, about 4 minutes. Add the bamboo shoots, and stir to blend.

Stir the sauce into the skillet with the beans, and bring to a boil. Cook for 5 minutes, stirring occasionally. If the liquid starts to evaporate too much, stir in up to 1 cup of chicken broth.

Mix together the remaining 2 tablespoons of cornstarch and water until cornstarch is dissolved. Stir this into the sauce in the skillet. Simmer, stirring gently, until the sauce clears and thickens. Add the fried tofu, and stir to coat with the sauce.

Fried Artichoke Hearts

Ingredients

2 eggs
1/2 cup milk
1 (15 ounce) can artichoke hearts,
drained and quartered
1 1/2 cups seasoned dry bread
crumbs
2 cups oil for frying, or as needed
1/4 cup grated Parmesan cheese
for topping

Directions

Heat oil in a deep-fryer or heavy deep skillet to 350 degrees F (175 degrees C).

In a small bowl, whisk together eggs and milk. Place seasoned bread crumbs in a separate bowl. Dip artichoke hearts in the egg mixture, then roll in bread crumbs until they are fully covered.

Deep-fry for 2 to 3 minutes, until deep golden brown. Remove to paper towels to drain excess oil. When all the pieces have been fried, place on a serving tray and sprinkle with Parmesan cheese.

Jamaican Fried Dumplings

Ingredients

4 cups all-purpose flour
2 teaspoons baking powder
1 1/2 teaspoons salt
1/2 cup butter
1/2 cup cold water
1 cup vegetable oil for frying

Directions

In a large bowl, stir together the flour, baking powder and salt. Rub in the butter until it is in pieces no larger than peas. Mix in water 1 tablespoon at a time just until the mixture is wet enough to form into a ball. The dough should be a firm consistency. Knead briefly.

Heat the oil in a large heavy skillet over medium heat until hot. Break off pieces of the dough and shape into a patty - kind of like a flat biscuit. Place just enough of the dumplings in the pan so they are not crowded. Fry on each side until golden brown, about 3 minutes per side. Remove from the pan and drain on paper towels before serving.

Fried Bologna Casserole

Ingredients

8 slices bologna
3 tablespoons butter
1 onion, chopped
4 cups warm mashed potatoes
1 1/2 cups shredded Cheddar
cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart baking dish.

Heat a skillet over medium-high heat. Fry the bologna slices in the hot skillet until browned on both sides, about 1 minute per side. Drain on a paper towel-lined plate. Wipe excess grease from the skillet, reduce heat to medium, and stir in the butter and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir the onions into the warm mashed potatoes.

Spread half of the mashed potatoes into the prepared baking dish. Layer with half of the fried bologna, and sprinkle with half of the cheese. Repeat with the remaining ingredients.

Bake uncovered in the preheated oven until the cheese is bubbly, and the center is hot, about 30 minutes.

Southern Fried Cabbage

Ingredients

7 slices bacon
1 head cabbage, cored and
coarsely chopped
1 tablespoon white sugar
salt and pepper to taste

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.

In the same skillet, stir cabbage in the bacon drippings until coated. Place lid on skillet and cook over medium heat until cabbage is tender, about 10 minutes. Stir in sugar and season with salt and pepper. Cook uncovered, stirring constantly until cabbage is crisp and brown on the edges. Serve cabbage with bacon crumbled on top.

Fried Corn with Smoked Sausage

Ingredients

2 tablespoons butter
1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 pound smoked sausage, cut into 1-inch pieces
1 (16 ounce) package frozen corn kernels
1/2 teaspoon seasoned salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon monosodium glutamate (MSG, or Accent flavor enhancer)
1/8 teaspoon ground black pepper

Directions

Melt the butter in a large, deep skillet over medium-high heat. Cook the onion, green bell pepper, red bell pepper, and smoked sausage in the butter until hot, 1 to 2 minutes. Add the corn and reduce heat to medium; cover and cook until the corn is tender, 5 to 7 minutes. Season with seasoned salt, garlic powder, onion powder, monosodium glutamate, and pepper; toss to combine. Serve hot.

Garlic Fried Rice

Ingredients

1 cup uncooked white rice
2 cups water
1 teaspoon butter
1 clove garlic, minced
1 small onion, minced
1 tablespoon lemon juice

Directions

Combine the rice and water in a saucepan and bring to a boil. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed. Set aside to cool.

Melt the butter in a large skillet over medium-high heat. Add onion and garlic; cook and stir until fragrant and lightly browned. Stir in rice and cook until coated and heated through. Remove from the heat and stir in the lemon juice.

Ham Fried Rice

Ingredients

2 eggs, lightly beaten
1 1/2 teaspoons canola oil or vegetable oil
3/4 cup cold cooked rice
2/3 cup diced fully cooked ham
3/4 teaspoon garlic powder
1/4 teaspoon ground ginger
Dash pepper
1 dash chili powder
1 1/2 teaspoons soy sauce

Directions

In a small skillet, cook and stir eggs in oil over medium heat until eggs are completely set. Remove and set aside. In same skillet, cook the rice, ham, garlic powder, ginger, pepper and chili powder if desired until heated through. Stir in soy sauce and reserved eggs. Serve immediately.

Glo's Sausage Fried Rice

Ingredients

1 pound ground pork sausage
5 eggs, beaten
3 tablespoons vegetable oil
1/2 head cabbage, cored and shredded
3 carrots, chopped
6 cups cooked white rice, cold
1/4 cup soy sauce, or to taste
1 (14.5 ounce) can bean sprouts, drained
1 (6 ounce) package frozen green peas, thawed
ground black pepper to taste
3 green onions, chopped

Directions

In a skillet over medium-high heat, cook the sausage until evenly browned. Drain, and remove sausage from the pan. In the same pan, using the remaining coating of grease from the sausage, scramble the eggs, stirring frequently until cooked through. Set aside.

Heat the oil in a very large skillet or electric skillet over medium-high heat. Stir fry the cabbage and carrots just until the cabbage has wilted. Add the cold rice, and fry, stirring so that there are no clumps. Mix in the sausage and pour in some soy sauce. Stir in bean sprouts, peas, and eggs, mixing well so there are no big chunks of egg. Season with pepper, and stir in green onions just before removing from the heat. Adjust soy sauce to taste, and serve.

Fried Apple Rings

Ingredients

1 tablespoon butter
1 tablespoon sugar
1 1/2 teaspoons lemon juice
1 medium tart apple, cored

Directions

In a skillet, melt butter over medium heat. Stir in sugar and lemon juice. Cut the apple into four rings; add to skillet. Reduce heat. Cover and simmer for 10-15 minutes or until apple rings are tender, turning frequently. Serve warm.

Southern Chicken Fried Steak

Ingredients

2 cups all-purpose flour
salt-free herb seasoning to taste
salt and ground black pepper to taste
2 eggs, beaten
2 pounds veal cutlets
1/4 cup oil for frying

Directions

In a shallow bowl, combine flour, herb seasoning, salt and pepper. In another bowl, place the beaten eggs. Coat each veal cutlet with the flour mixture, then dip into egg, then back into the flour mixture.

Heat oil in a large heavy skillet over medium-high heat. Place veal cutlets into hot oil, and cook until browned, about 10 minutes on each side.

Portuguese Fried Bread

Ingredients

2 cups all-purpose flour
3 teaspoons baking powder
1/2 teaspoon salt
2 tablespoons white sugar
3/4 cup milk
1 quart vegetable oil for frying

Directions

Whisk together flour, baking powder, salt, and sugar. Add milk, and mix well. Divide dough into balls. Pat out on a flat, floured surface to 1/2 inch thick.

Fry in 1/2 inch hot oil, browning both sides. Serve warm.

Tia and David's Deep Fried Tortellini

Ingredients

1 (16 ounce) package refrigerated or fresh cheese tortellini
1/4 cup bread crumbs
1/4 cup cornflake crumbs
salt and pepper to taste
dried parsley, to taste
oil for deep frying
2 eggs, lightly beaten

Directions

Cook tortellini according to package directions. Rinse under cool water, and allow to cool slightly.

In a large resealable plastic bag, combine bread crumbs, cornflake crumbs, salt, pepper, and parsley.

Heat oil in a deep fryer or deep skillet over medium heat. In small batches, dip the tortellini in egg, and place in resealable bag. Shake to coat, and set aside on a plate until the oil is hot.

In batches, deep fry breaded tortellini until golden brown. Serve with tomato sauce for dipping.

Tasty Fried Eggplant Balls

Ingredients

1 3/4 teaspoons salt
1 large eggplant, peeled and cubed
1/4 cup chopped onion
3/4 cup chopped green bell pepper
1 1/2 cups bread crumbs
2 eggs
1/2 ounce shredded Cheddar cheese
1 teaspoon paprika
1/4 teaspoon ground black pepper
1/2 cup all-purpose flour
1 quart vegetable oil for frying

Directions

In a medium-size pot, place one inch of water, 1/2 teaspoon salt, and eggplant. Cover pot and cook 15 minutes, or until eggplant is tender. Drain well.

Chop the cooked eggplant. In a large bowl, combine eggplant, onion, green pepper, 3/4 cup bread crumbs, 1 egg, cheese, paprika, pepper and remaining salt. Cool and chill 2 to 3 hours or overnight.

Place flour in a bowl. Beat the remaining egg in a separate small bowl. Drop mixture by heaping teaspoonfuls into the flour and coat completely. Then dip the eggplant balls into the beaten egg; finally, coat the balls with the remaining bread crumbs.

In a large skillet, heat vegetable oil and fry eggplant balls until they are heated through.

A Southern Fried Chicken

Ingredients

- 3 cups all-purpose flour
- 1 tablespoon seasoned salt
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon coarse ground black pepper
- 2 eggs
- 4 cups buttermilk
- 1 cup barbeque sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon steak sauce
- 1 (3 pound) whole chicken, cut into pieces
- 2 cups oil for frying

Directions

In a large shallow dish, mix together flour, seasoned salt, garlic powder, onion powder, and black pepper. In a separate bowl, beat eggs, then whisk in buttermilk, barbeque sauce, Worcestershire sauce, and steak sauce.

Dredge chicken in milk mixture, then in seasoned flour, alternating in each at least twice. Heat oil in a large, deep-sided skillet to 375 degrees F (190 degrees C).

Cook chicken in hot oil until golden brown on both sides, about 10 minutes each side.

Pineapple Fried Rice

Ingredients

1 (8 ounce) can crushed pineapple with juice
4 cups water
2 cups white rice
1 tablespoon peanut or walnut oil
2 eggs, beaten
1/2 teaspoon sesame oil
1 (12 ounce) package tofu, diced
3/4 cup chopped mushrooms
3 tablespoons soy sauce
3 green onions, thinly sliced
1 cup diced carrots

Directions

Open can of crushed pineapple and drain juice into a cup.

In a medium saucepan, combine the liquid from the can of crushed pineapple with 3 cups water, bring to a boil. Add rice. Bring mixture to boil. Cover and reduce heat to simmer. Cook 25 to 30 minutes or until rice is tender.

In a non-stick wok heat the 1 tablespoon walnut or peanut oil. Add the eggs and cook without stirring, until set. Slide eggs out of the wok to a plate - cut into short, narrow strips. In the same wok, heat the sesame oil and stir fry the tofu with the mushrooms, soy sauce, green onions, and carrots for about 4 minutes. Stir in cooked rice, pineapple, and egg strips. Heat until everything is heated through.

Stir Fried Asparagus

Ingredients

1 tablespoon butter
1/4 sweet onion, chopped
1 pound fresh asparagus, trimmed
1 teaspoon chopped roasted
garlic
2 teaspoons teriyaki sauce

Directions

Melt butter in a large skillet over medium heat. Saute onions until tender. Stir in asparagus and garlic; saute for 3 to 5 minutes, or until slightly cooked and heated through.

Drizzle with teriyaki sauce and serve immediately.

Crispy Sesame Fried Chicken

Ingredients

1/2 (3 pound) whole chicken,
deboned and cut into bite size
pieces
1/2 teaspoon ground black
pepper
salt to taste
1 teaspoon garlic powder
1 cup rolled oats
1/4 cup toasted sesame seeds
1 tablespoon chicken bouillon
powder
1/4 teaspoon monosodium
glutamate (MSG)
1/4 teaspoon curry powder
3/4 cup white rice flour
1/4 cup cake flour
1/2 teaspoon salt
3/4 cup chicken stock
1 teaspoon onion powder
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
2 quarts vegetable oil for frying

Directions

Coat chicken with 1/2 teaspoon black pepper, salt, and garlic powder. Chill for 4 hours.

In a medium bowl, mix together oats, sesame seeds, 1/2 teaspoon salt, chicken granules, and monosodium glutamate. Set aside.

In another bowl, combine rice flour, cake flour, 1/2 teaspoon salt, onion powder, basil, oregano, and chicken stock.

Dip the bite size chicken into the chicken stock mixture, and roll in sesame seed mixture.

Heat oil to 365 degrees F (185 degrees C). Fry the chicken till golden.

Deep Fried Lobster

Ingredients

2 cups cornmeal
1/2 cup all-purpose flour
salt and pepper to taste
1 teaspoon ground cayenne
pepper
1 teaspoon garlic powder
1 teaspoon onion powder
4 pounds fresh lobster tails,
cleaned and halved but still in
shell
2 quarts oil for deep frying

Directions

In a gallon sized plastic closeable bag combine, cornmeal, flour, salt, pepper, cayenne, garlic powder and onion powder. Shake well. Place one half of a lobster tail at a time in to the bag. Shake to coat the tails completely.

Heat vegetable oil in a deep fryer or large skilled to 365 degrees F (180 degrees C). Place one coated lobster tail at a time into the oil. Cook until the lobster turns white and the coating is lightly browned. Let the fried tails dry on paper towels.

Fried Garlic Pasta

Ingredients

1 pound angel hair pasta
2 cups olive oil for frying
2 bulbs garlic, peeled and diced
1 cup grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Heat olive oil in a saucepan over medium heat until a piece of garlic dropped into the oil slowly bubbles. Add the garlic, and cook and stir until golden brown, 5 to 7 minutes. Remove garlic from the oil with a slotted spoon and set aside; reserve oil.

To serve, place the pasta onto individual serving dishes and sprinkle with fried garlic. Drizzle with a little of the frying oil and sprinkle with Parmesan cheese. Reserve remaining garlic-flavored oil for another use.

Lentils and Rice with Fried Onions (Mujadarrah)

Ingredients

6 tablespoons olive oil
1 large white onion, sliced into rings
1 1/3 cups uncooked green lentils
3/4 cup uncooked long-grain white rice
salt and pepper to taste
1/4 cup plain yogurt or sour cream (optional)

Directions

Heat the olive oil in a large skillet over medium heat. Stir in the onions, and cook about 10 minutes, until browned. Remove from heat, and set aside.

Place lentils in a medium saucepan with enough lightly salted water to cover. Bring to a boil, reduce heat, and simmer about 15 minutes.

Stir rice and enough water to cover into the saucepan with the lentils. Season with salt and pepper. Cover saucepan, and continue to simmer 15 to 20 minutes, until rice and lentils are tender.

Mix half the onions into the lentil mixture. Top with yogurt or sour cream and remaining onions to serve.

Onion Pan-Fried Pork Chops.

Ingredients

1 (1 ounce) envelope dry onion
soup mix
2 pork chops
1/4 cup all-purpose flour
1 cup olive oil for frying

Directions

Before opening the onion soup mix, use your hands to crush the larger bits of onion in the packet. Open the packet, and pour the mix into a shallow bowl. Stir in the flour.

Heat the oil in a heavy skillet over medium heat. The oil is hot enough when a pinch of the flour mixture sizzles when tossed into the oil. Coat pork chops in the onion soup mixture, and shake off the excess. Carefully place in the hot oil. Turn chops over after about 30 seconds to quickly sear both sides. Cook for about 4 minutes per side, or to desired degree of doneness.

Tempura Fried Ice Cream

Ingredients

2 scoops vanilla ice cream
4 slices pound cake (1/2 inch thick)
1 quart vegetable oil for frying
1 egg, beaten
3/4 cup water
1 1/2 cups all-purpose flour

Directions

Place each scoop of ice cream between two pieces of pound cake like a sandwich. Wrap each tightly in plastic wrap, pressing on the sandwich to squeeze the corners around the ice cream. Place into the freezer, and freeze until solid, 1 to 2 hours.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Whisk together the egg and water, then whisk in the flour until no lumps remain. Unwrap the frozen sandwiches, and dip into the tempura batter. Allow the excess batter to drip off, then place the sandwiches into the hot oil. Fry 20 to 30 seconds until golden brown. Drain briefly on a paper towel-lined plate before cutting in half to serve.

Fried Black-Eye Peas

Ingredients

1/2 pound bacon
3 cups canned black-eye peas,
rinsed and drained
2 tablespoons minced shallot
1/3 cup chopped roasted red
peppers
3 tablespoons all-purpose flour, or
as needed
salt and black pepper to taste
1 tablespoon butter
1 tablespoon vegetable oil

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate.

Mash the black-eye peas in a bowl with a fork. Crumble the bacon into the peas, and stir in the shallot, red peppers, and enough flour to make the mixture stick together. Season to taste with salt and pepper. Form the black-eye pea mixture into 4 patties.

Melt the butter with the vegetable oil in a large skillet over medium heat. Cook the patties until golden brown and crispy on each side, about 4 minutes per side.

Apricot and Peach Fried Pies

Ingredients

4 cups all-purpose flour
2 teaspoons salt
1 cup shortening
1 cup milk
8 ounces dried apricots
1 (6 ounce) package dried peaches
3/4 cup white sugar
2 cups vegetable oil for frying

Directions

To Make Crust: In a large bowl, mix together flour and salt. Cut in shortening until mixture is crumbly. Mix in milk and stir until dough forms a ball. Roll out dough and cut into 18 6-inch circles. Set aside.

To Make Filling: In a large saucepan, combine apricots, peaches, and sugar. Add enough water to cover fruit. Cover pan and cook over low heat until fruit is falling apart. Remove lid and continue to cook until water is evaporated.

Place oil or shortening in small high-sided skillet. Place over medium heat. Spoon equal amounts of filling into each pastry circle and fold in half. Seal pastry with a fork dipped in cold water.

Fry a few pies at a time in hot oil, browning on both sides. Drain pies on paper towels.

Crispy Fried Chicken Wings

Ingredients

2 eggs
2 cups buttermilk
4 pounds chicken wings, split and tips discarded

3 cups all-purpose flour
1 cup crushed saltine crackers
1 teaspoon ground black pepper
1 teaspoon ground dried thyme
1/4 teaspoon cayenne pepper
1 teaspoon salt
1/2 teaspoon garlic powder

4 cups peanut oil for frying
salt to taste

Directions

Beat the eggs and buttermilk together in a mixing bowl until smooth. Mix in the chicken wings, cover, and refrigerate 30 minutes. Combine the flour and crushed crackers with the pepper, thyme, cayenne pepper, salt, and garlic powder in a large mixing bowl.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Remove the chicken wings from the buttermilk marinade, and discard the remaining marinade. Allow the excess buttermilk to drip from the wings, then press into the bread crumbs to coat.

Cook in batches in the preheated deep-fryer until the breading is golden brown on the outside, and the chicken wings are no longer pink at the bone, about 10 minutes per batch. Drain on a paper towel-lined plate, and season to taste with salt before serving.

Chicken Fried Steak Cuban Style

Ingredients

4 (4 ounce) cube steaks
2 eggs
3 cups dry bread crumbs
1 tablespoon dried oregano
1 teaspoon ground cumin
salt and pepper to taste
1 lemon, sliced
2 cups vegetable oil for frying

Directions

In a shallow dish, combine the breadcrumbs with the oregano, cumin, and salt and pepper. Beat eggs in another shallow dish. Dip each steak in beaten eggs, and then in the breadcrumb mixture. Make sure to cover each steak well with the breadcrumb mixture.

In a large, deep skillet, heat 1 inch oil over medium high heat.

Place the steaks in the oil when it's hot (so that the breading will not stick to the pan). Cook steaks, turning once, until brown for well done and golden brown for medium. Serve with lemon slices.

Pan Fried Whole Trout

Ingredients

4 whole (12 ounce) trout, cleaned with tails and heads on
1/2 cup all-purpose flour
1/2 cup cornmeal
1/8 teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon ground black pepper
3 tablespoons olive oil
2 lemons - cut into wedges, for garnish

Directions

Remove gills from fish and discard. Rinse fish under cold water.

In a large skillet heat oil over medium heat.

In shallow dish, combine the flour, cornmeal, salt and pepper. Raise heat to high. Dredge fish in flour mixture and fry in hot oil for about 4 to 6 minutes on each side or until meat flakes with a fork. Serve garnished with lemon wedges.

Oven Fried Buttermilk Halibut

Ingredients

2 cups buttermilk
1 1/2 teaspoons salt
4 (3/4 inch thick) halibut fillets
1 (8 ounce) package seasoned rye crackers
2 tablespoons Greek seasoning
3 eggs, beaten
2 tablespoons water
1/2 cup butter, melted

Directions

Set a large resealable plastic bag in a bowl. Pour in the buttermilk and salt. Add the halibut fillets and close the bag. Refrigerate for at least 4 hours and up to 1 day.

Preheat the oven to 250 degrees F (120 degrees C).

Place half of the crackers and half of the Greek seasoning into a blender. Cover and pulse until they become fine crumbs. Pour into a shallow bowl, and repeat with remaining crackers and Greek seasoning. Whisk eggs with water in a separate bowl.

Remove halibut from the bag and discard the marinade. Dip fish into the egg and then in the crumbs until evenly coated. Place coated fillets into a lightly greased 9x13 inch baking dish. Do not let them touch, as they will weld themselves together. Drizzle the butter on top of the fish.

Bake uncovered in the preheated oven until fish is opaque and flakes easily with a fork, about 45 minutes.

Fried Green Tomatoes III

Ingredients

1/2 cup vegetable oil
4 large green tomatoes
2 cups all-purpose flour
2 eggs, beaten
salt and pepper to taste

Directions

Heat vegetable oil in a large frying pan over a medium-high heat. Slice tomatoes 1/4 inch thick.

Place flour in a small bowl. Dip tomatoes into the beaten egg, then dredge the tomatoes in the flour. Fry the tomatoes in the oil. Fry for approximately 2 minutes, flip the tomato and fry on the other side another 2 minutes. Sprinkle with salt and pepper to taste.

Daddy's Fried Corn and Onions

Ingredients

4 ears fresh corn
2 tablespoons butter
1 small sweet onion, diced
salt and pepper to taste

Directions

Cut corn kernels from cob. Melt butter in a medium skillet over medium heat. Saute corn kernels just until tender, then mix in onion. Continue to saute until onion is just beginning to turn crispy. Season with salt and pepper. Enjoy warm or cold.

Shrimp Fried Noodles-Thai style

Ingredients

1 pound dried rice vermicelli
2 cups bean sprouts, divided
3 tablespoons vegetable oil
1 teaspoon minced garlic
10 unpeeled, large fresh shrimp
1 tablespoon white sugar
1 tablespoon Asian fish sauce
(nuoc mam or nam pla)
1 tablespoon Ketchup
2 eggs, beaten
1 tablespoon chopped dry roasted
peanuts
1 tablespoon crushed dried
shrimp
1 tablespoon chopped green
onions
1 tablespoon chopped fresh
cilantro
1 teaspoon chili powder
2 wedges fresh lemon

Directions

Place the noodles in a large bowl, and cover with hot water. Soak for 15 minutes. Soak bean sprouts in cold water. Drain just before using.

Heat the oil in a large skillet over medium-high heat. Add the garlic, and fry until fragrant. Add the shrimp; cook and stir for about 3 minutes. Mix in the sugar, fish sauce and ketchup. Pour in the eggs, and stir for a minute. Add the noodles; stir-fry until they are coated with the sauce. Mix in half of the bean sprouts, and fry until soft.

Place on a serving plate. Set remaining bean sprouts, cilantro and lemon wedges on a separate plate to top individual servings as desired. Sprinkle the noodles with dried shrimp, peanuts, and chili powder. Top with green onion.

Shrimp Fried Rice I

Ingredients

6 cups water
3 cups uncooked white rice
2 eggs, beaten
3 tablespoons sesame oil
1 onion, diced
2 celery, diced
1 pound cooked salad shrimp
3 carrots, diced
1 red bell pepper, diced
3/4 cup snow peas, trimmed and halved
1 green bell pepper, chopped
1 teaspoon soy sauce

Directions

In a medium saucepan bring water to a boil. Add the white rice. Return to a boil, reduce heat to low, cover, and simmer for about 20 minutes, or until rice is tender.

In a small skillet scramble the eggs in a small amount of sesame oil. Remove from heat once scrambled.

In a large skillet, brown onion and celery in remaining sesame oil. Add shrimp and carrots, onion, celery, red pepper, pea pods, and green pepper. Add white rice and stir well. Add soy sauce (if desired) and eggs, stir thoroughly until heated through.

Garlic Chicken Fried Brown Rice

Ingredients

2 tablespoons vegetable oil,
divided
8 ounces skinless, boneless
chicken breast, cut into strips
1/2 red bell pepper, chopped
1/2 cup green onion, chopped
4 cloves garlic, minced
3 cups cooked brown rice
2 tablespoons light soy sauce
1 tablespoon rice vinegar
1 cup frozen peas, thawed

Directions

Heat 1 tablespoon of vegetable oil in a large skillet set over medium heat. Add the chicken, bell pepper, green onion and garlic. Cook and stir until the chicken is cooked through, about 5 minutes. Remove the chicken to a plate and keep warm.

Heat the remaining tablespoon of oil in the same skillet over medium-high heat. Add the rice; cook and stir to heat through. Stir in the soy sauce, rice vinegar and peas, and continue to cook for 1 minute. Return the chicken mixture to the skillet and stir to blend with the rice and heat through before serving.

Lemon Fried Rice

Ingredients

1/2 cup sliced green onions
1/4 cup minced fresh parsley
1/4 cup butter or stick margarine
4 cups cold cooked rice
1 (10 ounce) package frozen peas,
thawed
2 tablespoons reduced-sodium
soy sauce
2 teaspoons grated lemon peel
1/2 teaspoon salt
1/8 teaspoon hot pepper sauce

Directions

In a large nonstick skillet or wok, stir-fry onions and parsley in butter for 1 minute. Add the remaining ingredients; stir-fry for 4-6 minutes or until peas are tender and rice is heated through.

Fried Cabbage I

Ingredients

1 medium head cabbage,
chopped
3 apples -- peeled, cored, and
chopped
1/2 cup butter
2 tablespoons brown sugar
1 teaspoon vinegar
salt and pepper to taste

Directions

Combine the chopped cabbage and apples in a large bowl.

In a large heavy skillet, melt the butter, sugar and vinegar together.
Stir in the apples and cabbage; cook over low heat until tender.
Season with the salt and pepper to taste.

Pan Fried Eggplant with Saffron Mayonnaise

Ingredients

1 pinch saffron
1 tablespoon hot water
1/2 cup mayonnaise
1 teaspoon minced garlic

1/2 cup all-purpose flour
1 teaspoon cayenne pepper
2 teaspoons garlic powder
1 teaspoon kosher salt
4 small eggplant, cut lengthwise
into 1/4 inch thick slices
2 eggs, beaten
1/2 cup olive oil, or as needed
8 sprigs parsley, for garnish

Directions

Stir saffron into hot water, and set aside for 5 to 10 minutes. Stir together saffron water, mayonnaise, and minced garlic until smooth; set aside.

Whisk together flour, cayenne pepper, garlic powder, and kosher salt in a shallow bowl. Dip the eggplant slices into beaten egg, then dust with flour. Gently shake off excess flour, and place eggplant slices onto a baking sheet.

Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Fry the eggplant slices until golden brown on each side, about 2 minutes per side. Add 2 tablespoons of olive oil before frying each batch of eggplant. Once all of the eggplant has been fried, roll up into cylinders and secure with toothpicks. Garnish with parsley and serve with saffron mayonnaise.

Fried Onion Rings

Ingredients

1 quart vegetable oil for frying
1 cup all-purpose flour
1 cup beer
1 pinch salt
1 pinch ground black pepper
4 onions, peeled and sliced into rings

Directions

In a large, deep skillet, heat oil to 365 degrees F (180 degrees C).

In a medium bowl, combine flour, beer, salt, and pepper. Mix until smooth. Dredge onion slices in the batter, until evenly coated. Deep fry in the hot oil until golden brown. Drain on paper towels.

Fried Pie Pastry

Ingredients

3 cups all-purpose flour
1 teaspoon salt
3/4 cup shortening
1 egg, beaten
1/4 cup water
1 teaspoon distilled white vinegar

Directions

Combine flour and salt. Cut in shortening with pastry blender until mixture resembles coarse meal. Combine egg and water, and sprinkle lightly over flour mixture. Add vinegar, and lightly stir with a fork until dry ingredients are moistened. Shape into a ball.

Wrap dough in wax paper. Chill for at least one hour. Use as directed in any fried pie recipe.

Fried Garlic Pita

Ingredients

2 tablespoons butter, divided
1 tablespoon olive oil
2 tablespoons fresh lemon juice, divided
2 tablespoons finely chopped garlic
1/2 tablespoon garlic powder
2 small (4 inch) pita bread rounds, cut in half

Directions

Melt 1 tablespoon butter in a skillet over low heat. Mix in the olive oil, 1/2 the lemon juice, garlic, and garlic powder.

Place the pita bread in the skillet, and top with remaining butter and lemon juice. Cook 10 minutes, turning often, until golden brown.

Oven Fried Chicken III

Ingredients

1 (2 to 3 pound) whole chicken,
cut into pieces
1 cup dried bread crumbs
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon dried thyme
1/2 teaspoon paprika
1 cup mayonnaise

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl or gallon size resealable plastic bag, mix together the bread crumbs, garlic powder, salt, pepper, thyme and paprika.

Coat the chicken pieces with mayonnaise. Place chicken pieces in bowl/bag with bread crumb mixture and coat/shake until well coated. Place chicken pieces in a lightly greased 9x13 inch baking dish and bake for 45 minutes or until juices run clear.

Breaded, Fried, Softly Spiced Tofu

Ingredients

1 (16 ounce) package extra-firm tofu, drained and pressed
2 cups vegetable broth
3 tablespoons vegetable oil
1/2 cup all-purpose flour
3 tablespoons nutritional yeast
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 teaspoon sage
1/2 teaspoon cayenne pepper

Directions

Cut pressed tofu into 1/2-inch thick slices; then cut again into 1/2-inch wide sticks. Place tofu in a bowl, and pour broth over the top. Set aside to soak.

In a separate bowl, stir together flour, yeast, salt, pepper, sage, and cayenne.

Warm oil in a large skillet over medium-high heat.

Remove tofu sticks from broth, and squeeze most (but not all) of the liquid from them. Roll sticks in breading. (You may have to roll sticks twice to end up with a fairly dry outer layer of breading.) Place tofu in hot oil; fry until crisp and browned on all sides. Add more oil if necessary.

Crispy Fried Fish

Ingredients

- 1 egg
- 1 1/2 cups beer
- 1 cup all-purpose flour
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 pound cod fillets
- 2 cups crushed cornflake crumbs
- 1 teaspoon Cajun seasoning
- 1 quart oil for frying

Directions

In a medium bowl, beat together egg, beer, flour, garlic powder, salt, and pepper. Place cod in the bowl, and thoroughly coat with the mixture.

In a separate medium bowl, mix the cornflake crumbs and Cajun seasoning. Dip the cod in the crumb mixture, and thoroughly coat all sides.

In a large, heavy skillet or deep fryer, heat the oil to 365 degrees F (185 degrees C). Fry the fish until golden brown, and flesh is easily flaked with a fork.

Fried Curry Chicken

Ingredients

1 1/2 cups plain yogurt
3 tablespoons lemon juice
3/4 teaspoon curry powder
3/4 teaspoon onion powder
3/4 teaspoon salt
3/4 teaspoon garlic powder
1 pound skinless, boneless
chicken breast halves - cut into 1
inch strips
3/4 cup dry bread crumbs
1/4 cup all-purpose flour
1/2 cup unsalted butter

Directions

In a large bowl, mix the yogurt, lemon juice, curry powder, onion powder, salt, and garlic powder. Set aside 1 cup of the mixture to use as a dipping sauce. Place the chicken in the bowl, and coat with the mixture. Marinate in the refrigerator 8 hours or overnight.

In a bowl, mix the breadcrumbs and flour. Dredge the coated chicken in the breadcrumb mixture.

Melt the butter in a skillet over medium-low heat. Discard remaining yogurt mixture. Fry the coated chicken in the skillet 15 minutes, or until juices run clear. Serve with the reserved dipping sauce.

Country Fried Steak

Ingredients

1 egg
1/4 cup milk
1 cup all-purpose flour
1 (4 ounce) packet saltine
crackers, crushed
1 1/2 teaspoons seasoned salt
1 1/2 teaspoons onion powder
1 1/2 teaspoons garlic powder
1 1/2 teaspoons Montreal steak
seasoning
4 (4 ounce) cube steaks
2 tablespoons vegetable oil

Directions

Whisk together the egg and milk in a shallow bowl; set aside.

Whisk together the flour, crushed saltines, seasoned salt, onion powder, and steak seasoning. Dip the steaks in the egg mixture, then press each steak in the flour mixture. Pat the flour mixture into the steaks to coat them completely.

Heat oil in a large skillet over medium-high heat, and fry the steaks until they are golden brown, firm, hot in the center, and just turning from pink to grey, about 4 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Roasted Garlic Teriyaki Fried Rice with Chicken

Ingredients

1/2 pound boneless skinless chicken breasts
2 tablespoons vegetable oil
3 green onions and tops, chopped
1 carrot, julienned
1 egg, beaten
4 cups cold cooked rice
3 tablespoons Kikkoman Roasted Garlic Teriyaki Marinade & Sauce

Directions

Cut chicken into thin strips.

Heat oil in hot wok or large skillet over high heat. Add chicken, green onions and carrot. Stir-fry 3 minutes, or until chicken is thoroughly cooked.

Add egg; cook, stirring gently, until firm. Stir in rice and cook until heated through.

Add roasted garlic teriyaki sauce; remove pan from heat. Stir mixture until well mixed. Serve immediately.

Southern-Style Buttermilk Fried Chicken

Ingredients

- 2 cups buttermilk
- 1 tablespoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 whole chicken, cut into pieces
- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 5 cups vegetable oil for frying

Directions

Whisk together buttermilk, mustard, salt and pepper, and cayenne in a bowl, and pour into a resealable plastic bag. Add the chicken pieces, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 to 8 hours.

When you are ready to cook the chicken, combine the flour, baking powder, garlic powder, and onion powder in the other plastic bag. Shake to mix thoroughly. Transfer one marinated chicken piece at a time into the dry ingredient bag, and shake well to ensure complete coverage. After all chicken pieces are coated, repeat the process by dipping them in the buttermilk marinade and shaking in the dry coating again.

Heat oil in a large frying pan over medium-high heat, making sure not to burn the oil. When oil is hot, fry chicken in batches until golden brown and juices run clear, turning chicken to brown evenly.

Fried Rice with Lychees (Koa Pad Lin Gee)

Ingredients

1 cup uncooked jasmine rice
1/2 cup water
3 tablespoons vegetable oil
2 cloves garlic, minced
2 tablespoons chopped carrot
1 tablespoon chopped onion
3 tablespoons soy-based liquid seasoning (such as Maggi®)
1/4 cup reduced-sodium soy sauce
2 tablespoons chopped green onion
1 tablespoon chopped cashews
1 teaspoon raisins
1/4 teaspoon white sugar
1/4 teaspoon white pepper
5 canned lychees, drained and quartered

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Once cooked, spread the rice into a shallow dish, and refrigerate until cold, or use 1 1/2 cups leftover cooked rice.

Heat the oil in a wok or large skillet over medium-high heat. Stir in the garlic and cook a few seconds until fragrant, then stir in the carrots and onion, and continue cooking until the onion begins to soften. Add the cold rice, and cook and stir until hot. Pour in the soy sauce, soy seasoning, green onions, cashews, raisins, salt, and white pepper. Cook and stir until hot, then stir in the quartered lychees to serve.

Fried Spinach

Ingredients

1 (12 fluid ounce) can spinach,
drained
1 egg
1/4 cup milk
1 tablespoon bacon bits

Directions

Place spinach in a large skillet.

Whisk egg, milk and bacon bits together in a small bowl, then pour mixture into the skillet with spinach. Cook over a medium-low heat; stirring frequently until most of the moisture is absorbed into the spinach. Serve warm.

Fried Broccoli

Ingredients

1 (16 ounce) package frozen
broccoli, thawed
1 tablespoon olive oil
1/2 teaspoon crushed red pepper
flakes
salt, to taste

Directions

Rinse and pat dry the broccoli.

Heat the olive oil in a large skillet over medium heat, add the crushed red pepper and heat 1 minute. Cook and stir the broccoli in the skillet until it begins to get crispy, 5 to 7 minutes. Season with salt to serve.

Fried Beef Ribs

Ingredients

3 quarts peanut oil for frying
2 tablespoons salt
3 tablespoons coarse ground black pepper
2 tablespoons cayenne pepper
2 tablespoons garlic salt
2 tablespoons onion salt
2 cups all-purpose flour
6 eggs, beaten
6 pounds beef ribs, cut into single rib pieces

Directions

Heat the oil in a deep-fryer to 375 degrees F (190 degrees C).

In a medium bowl, mix together the salt, black pepper, cayenne pepper, garlic salt, and onion salt. Place the flour in a separate bowl or plate. Whisk eggs in a large bowl. Rub the spice mixture onto all of the ribs. Dip each rib in egg, then in flour, then egg, then flour again.

Place the ribs in a fryer basket so they are not crowded, try 4 or 5 at a time depending on the size of your fryer. Cook for about 8 minutes. Remove to paper towels to drain. Continue with remaining ribs.

Chicken Fried Rice

Ingredients

1 (6.2 ounce) package fried rice mix
2 cups cubed, cooked chicken
1 1/2 cups cooked broccoli florets
1 (8 ounce) can sliced water chestnuts, drained
1 cup shredded mozzarella cheese

Directions

Cook rice according to package directions. Stir in chicken, broccoli and water chestnuts; heat through. Sprinkle with cheese.

Fried Green Tomatoes

Ingredients

4 medium green tomatoes
1 teaspoon salt
1/4 teaspoon lemon-pepper
seasoning
3/4 cup cornmeal
1/2 cup vegetable oil

Directions

Slice tomatoes 1/4 in. thick. Sprinkle both sides with salt and lemon-pepper. Let stand for 20-25 minutes. Coat with cornmeal. In a large skillet, heat oil over medium heat. Fry tomatoes for 3-4 minutes on each side or until tender and golden brown. Drain on paper towels. Serve immediately.

Fried Mac and Cheese Balls

Ingredients

1 (7.25 ounce) package macaroni and cheese mix
2 tablespoons butter
1/4 cup milk
1 cup shredded Cheddar cheese
3/4 cup pimento cheese spread
1 cup shredded Italian cheese blend

2 cups Italian seasoned bread crumbs
1/2 teaspoon paprika
1/2 teaspoon chili powder
1/2 teaspoon ground black pepper
1/2 teaspoon white sugar
1/4 teaspoon salt
1 pinch cayenne pepper, or to taste

4 eggs
3 tablespoons milk
4 cups peanut oil for frying, or as needed

Directions

Fill a pot with lightly salted water and bring to a rolling boil over high heat. Stir in the macaroni, and return to a boil. Cook, uncovered, stirring occasionally, until the macaroni is cooked through but still firm to the bite, about 7 minutes. Drain. Stir in the 2 tablespoons butter, the 1/4 cup milk, and the cheese packet from the package.

While the macaroni is still hot, stir in the Cheddar cheese, pimento cheese spread, and Italian cheese blend, and continue to stir until melted. Place the macaroni and cheese mixture in a container and refrigerate until firm, about 4 hours.

Line a baking sheet with parchment paper. Remove the macaroni mixture from the refrigerator, and, using a cookie scoop, scoop into balls. Place mac balls on the prepared baking sheet and freeze for at least 2 hours.

Heat oil in a deep fryer or large saucepan to 350 degrees F (175 degrees C).

Whisk the bread crumbs with the paprika, chili powder, black pepper, sugar, and cayenne in a shallow dish; set aside. Beat the eggs with the 3 tablespoons milk in a small bowl. Remove the mac balls from the freezer, coat in the egg wash, and then dredge in breading.

Fry the mac balls in small batches until golden brown, 3 to 5 minutes. Drain briefly on a paper towel-lined plate; serve hot.

Fried Cauliflower Salad

Ingredients

oil for deep frying
1 cup potato, cut into matchstick sized strips
2 cups small cauliflower florets
3 tablespoons tahini (sesame seed paste)
2 tablespoons olive oil (optional)
3 tablespoons plain yogurt
1 tablespoon lemon juice
1 tablespoon distilled white vinegar (optional)
1/2 teaspoon ground cumin
salt and pepper to taste
1 cup torn arugula leaves
1 cup torn lettuce leaves

Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Deep fry the potato sticks until crispy and golden brown, about 4 minutes. Remove, and drain on a paper towel-lined plate. Deep fry the florets in two batches until golden brown; drain on paper towels. Allow the cauliflower to cool until it's just warm.

Stir together tahini and olive oil in a large bowl until smooth. Mix in yogurt, lemon juice, vinegar, cumin, salt, and pepper. Add cauliflower, arugula, and lettuce; toss to coat with the dressing. Place salad onto serving plates, and sprinkle with the potato sticks.

Country Fried Floured Bacon

Ingredients

1 pound thick sliced bacon
2 cups half-and-half cream
2 cups flour
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1/4 pinch white sugar
2 cups vegetable oil for frying

Directions

Cut the bacon strips in half, and place into a shallow dish with the half-and-half, crisscrossing the bacon in a star pattern. Soak the bacon a minimum of 30 minutes, but no more than 2 hours. This step helps reduce the curling of the bacon during frying, tenderizes it, and adds a wonderful flavor.

Stir together the flour, salt, pepper, and sugar in another shallow dish until blended; set aside. When the bacon has finished soaking, remove it from the half-and-half, and shake off the excess. Press each piece into the flour mixture to coat, then set aside. If desired, you can place a sheet of wax paper between the rows of bacon once the plate is covered. However, the flour does a good job of keeping the bacon from sticking to each other.

Heat the vegetable oil in a deep skillet over medium-low heat. Fry the bacon in batches until browned and cooked to desired degree of crispness, 2 to 3 minutes. Drain on a paper towel.

The Best Chicken Fried Steak

Ingredients

4 (1/2 pound) beef cube steaks
2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon black pepper
3/4 teaspoon salt
1 1/2 cups buttermilk
1 egg
1 tablespoon hot pepper sauce (e.g. Tabasco, etc.)
2 cloves garlic, minced
3 cups vegetable shortening for deep frying

1/4 cup all-purpose flour
4 cups milk
kosher salt and ground black pepper to taste

Directions

Pound the steaks to about 1/4-inch thickness. Place 2 cups of flour in a shallow bowl. Stir together the baking powder, baking soda, pepper, and salt in a separate shallow bowl; stir in the buttermilk, egg, Tabasco Sauce, and garlic. Dredge each steak first in the flour, then in the batter, and again in the flour. Pat the flour onto the surface of each steak so they are completely coated with dry flour.

Heat the shortening in a deep cast-iron skillet to 325 degrees F (165 degrees C). Fry the steaks until evenly golden brown, 3 to 5 minutes per side. Place fried steaks on a plate with paper towels to drain. Drain the fat from the skillet, reserving 1/4 cup of the liquid and as much of the solid remnants as possible.

Return the skillet to medium-low heat with the reserved oil. Whisk the remaining flour into the oil. Scrape the bottom of the pan with a spatula to release solids into the gravy. Stir in the milk, raise the heat to medium, and bring the gravy to a simmer, cook until thick, 6 to 7 minutes. Season with kosher salt and pepper. Spoon the gravy over the steaks to serve.

Blue Cheese Fried Potatoes

Ingredients

2 tablespoons butter
2 russet potatoes, sliced into 1/4 inch slices
1 large onion, cut into 1/4-inch thick rings
1 (4 ounce) package blue cheese crumbles
3 slices bacon, cooked and crumbled
salt and ground black pepper to taste

Directions

Melt the butter in a large skillet over medium heat. Add the potatoes and onions. Cook until the onions are golden brown and the potatoes are tender, 15 to 20 minutes. Stir in the blue cheese and bacon, continue to cook until the blue cheese begins to melt. Season with salt and pepper.

Smoky Fried Salmon

Ingredients

1 (6 ounce) salmon fillet, frozen
1 teaspoon sea salt
ground black pepper to taste
1 dash liquid smoke flavoring
2 tablespoons butter, divided

Directions

Thaw the salmon slightly in cold water, and remove the skin. Use a very sharp knife to slice the fillet into thin slices. Place the slices in a bowl, and sprinkle with salt and pepper. Toss with enough liquid smoke to coat the fish, and refrigerate for 30 minutes.

Heat the butter in a large skillet over medium heat. Fry the salmon slices for a few minutes turning once. Fish should flake easily with a fork when done.

Fried Tomato, Onion, and Mushroom Ragout

Ingredients

2 tablespoons olive oil
1 cup chopped onion
4 tomatoes, cut into wedges
2 cups sliced white mushrooms
1/4 cup chopped fresh basil
salt and black pepper to taste

Directions

Heat the olive oil in a large skillet over medium heat, and cook and stir the onion for about 5 minutes, until translucent. Add the tomato wedges and mushrooms, and simmer, stirring occasionally, for about 20 minutes, until the tomatoes and mushrooms are cooked through and the sauce is reduced and thickened.

Sprinkle on the basil, salt and pepper, and stir to combine.

Tender Pan-Fried Chicken Breasts

Ingredients

2 cups flour
1 tablespoon dried tarragon
2 tablespoons salt
1 tablespoon ground ginger
2 tablespoons ground black pepper
1 tablespoon dry mustard powder
1 tablespoon dried thyme leaves
1 teaspoon garlic powder
1 teaspoon dried oregano
1 egg
1/4 cup milk
8 (6 ounce) skinless, boneless chicken breast halves
1/2 cup vegetable oil

Directions

Stir together flour, tarragon, salt, ginger, pepper, mustard powder, thyme, garlic powder, and oregano in a shallow bowl until well blended. Beat the egg together with the milk until smooth in a bowl. Dredge the chicken breasts in the flour mixture, shake off excess, then dip in egg, and again in flour. Set breasts aside to rest for 10 minutes.

Preheat oven to 350 degrees F (175 degrees C).

Heat the vegetable oil in a skillet over medium-high heat. Dredge the chicken breasts in flour again, and shake off excess. Brown the chicken in the hot oil until golden brown on both sides. Place onto a baking sheet, and bake in preheated oven until the chicken is no longer pink in the center, 20 to 30 minutes.

Orzo with Tomato and Fried Tofu

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
1 bunch green onions, chopped
1 (14 ounce) package extra firm tofu, diced
3 medium tomatoes, diced
2 tablespoons lemon juice
2 teaspoons dried basil
2 cups orzo pasta
salt and pepper to taste
1 (4 ounce) package crumbled feta cheese

Directions

Bring a large pot of lightly salted water to a boil. Add orzo pasta and cook for about 5 minutes, until tender. Drain.

Heat olive oil in a large frying pan or wok over medium-high heat. Fry the garlic and green onions for 20 to 30 seconds until fragrant. Add the tofu, and continue cooking until golden brown.

Stir in the tomatoes, lemon juice, and basil; cook for another minute. Combine with the cooked orzo pasta, season to taste with salt and pepper. Serve sprinkled with crumbled feta cheese.

Fried Rice with Cilantro

Ingredients

4 tablespoons vegetable oil
5 cloves garlic, finely chopped
2 green chilies, diced
2 cups cubed skinless, boneless chicken breast meat
2 cups cooked jasmine rice, chilled
1 tablespoon white sugar
1 tablespoon fish sauce
1 tablespoon soy sauce
2 teaspoons chopped green onion
2 tablespoons chopped fresh basil leaves
5 tablespoons chopped fresh cilantro

Directions

Heat the oil in a wok or large skillet, over medium-high heat. Fry the garlic until golden, then add the chili pepper and chicken meat, and stir-fry until cooked through.

When the chicken is cooked, add the rice, sugar, fish sauce, and soy sauce. Cook over medium heat, stirring gently. When the mixture is well blended, stir in the green onions, basil, and cilantro. Cook for 1 more minute, then serve hot.

Cajun Deep-Fried Turkey

Ingredients

2 cups butter
1/4 cup onion juice
1/4 cup garlic juice
1/4 cup Louisiana-style hot sauce
1/4 cup Worcestershire sauce
2 tablespoons ground black pepper
1 teaspoon cayenne pepper
7 fluid ounces beer
3 gallons peanut oil for frying, or as needed
1 (12 pound) whole turkey, neck and giblets removed

Directions

Melt the butter in a large saucepan over medium heat. Add the onion juice, garlic juice, hot sauce, Worcestershire sauce, black pepper, cayenne pepper and beer. Mix until well blended.

Use a marinade injecting syringe or turkey baster with an injector tip to inject the marinade all over the turkey including the legs, back, wings, thighs and breasts. Place in a large plastic bag and marinate overnight in the refrigerator. Do not use a kitchen trash bag. If your turkey is large, you can use an oven bag.

When it's time to fry, measure the amount of oil needed by lowering the turkey into the fryer and filling with enough oil to cover it. Remove the turkey and set aside.

Heat the oil to 365 degrees F (185 degrees C). When the oil has come to temperature, lower the turkey into the hot oil slowly using the hanging device that comes with turkey deep-fryers. The turkey should be completely submerged in the oil. Cook for 36 minutes, or 3 minutes per pound of turkey. The turkey is done when the temperature in the thickest part of the thigh reaches 180 degrees F (80 degrees C). Turn off the flame and slowly remove from the oil, making sure all of the oil drains out of the cavity. Allow to rest on a serving platter for about 20 minutes before carving.

Deep Fried Camembert with Raspberry Sauce

Ingredients

4 ounces Camembert cheese
1 egg
1/2 cup fine bread crumbs
3/4 cup sesame seeds
3 cups vegetable oil for frying
2/3 cup raspberry preserves

Directions

Cut chilled cheese in 6 equal wedges. In a shallow bowl, beat egg. On a sheet of wax paper, mix bread crumbs and sesame seeds.

Dip each cheese wedge in egg and turn to coat. Roll cheese in crumb mixture to coat. (If preparing ahead, cover and refrigerate now until ready to cook.)

In a heavy saucepan, heat about 2 inches of oil to 375 degrees F (190 degrees C) or until a 1-inch bread cube turns golden brown on all sides. Fry cheese until golden. Drain on paper towels.

Melt raspberry preserves for dipping sauce.

Pan Fried Swiss Chard

Ingredients

4 slices bacon, chopped
2 tablespoons butter
3 tablespoons fresh lemon juice
1/2 teaspoon garlic paste
1 bunch Swiss chard, stems removed, leaves cut into 1-inch pieces
salt and pepper to taste

Directions

Heat a skillet over medium heat. Place the chopped bacon in the skillet and cook until the fat separates from the meat. Melt the butter in the skillet. Stir in the lemon juice and garlic paste. Add the Swiss chard to the butter mixture. When the leaves begin to wilt, place a cover on the skillet and increase heat to medium-high. Allow the chard to cook while covered for about 4 minutes. Stir the chard leaves to coat with the butter mixture. Season with salt and pepper.

Red, Juicy, Herb-Fried Tomatoes

Ingredients

2 tablespoons dried basil
2 tablespoons dried thyme
1/2 teaspoon salt
3/4 teaspoon white pepper
5 teaspoons olive oil
2 Roma (plum) tomatoes, halved lengthwise
2 tablespoons olive oil

Directions

In a small bowl, mix together basil, thyme, salt, and white pepper. Mix in 5 teaspoons olive oil to make a spreadable paste. Spread paste on cut side of each tomato half.

Heat remaining 2 tablespoons olive oil in small skillet over medium-low heat. Place tomatoes herb-side down in skillet, and cover. Simmer for 5 minutes; tomatoes should be hot but not stewed. Serve immediately.

Jeera Fried Rice

Ingredients

1 cup long-grain rice
2 1/2 cups water
salt to taste
2 tablespoons vegetable oil
1 onion, chopped
1 tablespoon cumin seeds
5 black peppercorns
1 bay leaf
1 teaspoon white sugar
1/4 teaspoon ground cinnamon
1 pinch ground cloves

Directions

Wash rice well and soak in 2 1/2 cups salted water for 30 min.

Heat oil in a heavy or nonstick pan. Add onions and fry till dark brown. Drain onions and set aside, but reserve the oil.

In the same oil, stir fry cumin, peppercorns, and bay leaf for a few seconds.

Drain rice reserving the water and add the rice to the frying pan. Add sugar, stir gently, fry till rice is light brown. Add clove-cinnamon powder, stir. Add salt water (previously drained) and bring to a boil.

Simmer covered until rice is the cooked and the water evaporates. Rice should not be sticky when finished. Spoon the onions on top to serve.

Fried Asparagus

Ingredients

1 bunch fresh asparagus, trimmed
and cut into 1 inch pieces
1/2 cup canola oil for frying
1 egg
1 cup coarsely crushed buttery
round crackers

Directions

Bring about 2 inches of water to boil in a saucepan. Add the asparagus, and cook for about 3 minutes. Drain, and pat dry.

Heat enough oil to cover the bottom of a large heavy skillet over medium to medium-high heat. Whisk the egg in a small bowl, and place the cracker crumbs in a separate bowl.

Dip the asparagus pieces into the egg, and then coat with cracker crumbs. Fry in the hot oil until golden. Turn frequently for even cooking. If they are browning too quickly, reduce the heat a little. Drain on a paper towel-lined plate before serving.

Deep Fried French Toast

Ingredients

6 eggs
5 1/2 teaspoons white sugar
1/4 teaspoon salt
2 cups milk
1 cup all-purpose flour

2 quarts vegetable oil for frying
8 thick slices (1-inch thick) French bread

Directions

Beat the eggs, sugar, and salt together in a mixing bowl. Whisk in the milk, followed by the flour; whisk until smooth.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Soak the bread slices in the egg mixture until the egg has penetrated through to the center of the bread. Wipe off the excess egg. Cook in the deep-fryer several pieces at a time to avoid overcrowding. Cook until golden brown on both sides and no longer soggy in the center, about 4 minutes. Drain the French toast on a paper towel-lined plate before serving.

Stir-Fried Asparagus

Ingredients

1 tablespoon olive oil
3 cups fresh asparagus, cut into 1-inch pieces
1 small onion, sliced
1 garlic clove, minced
2 tablespoons sliced almonds, toasted
2 teaspoons lemon juice
1 teaspoon soy sauce
1/2 teaspoon grated lemon peel
1 tablespoon shredded Parmesan cheese

Directions

In a skillet or wok, heat oil; stir-fry the asparagus, onion and garlic over medium-high heat until tender. Add the almonds, lemon juice, soy sauce and lemon peel; toss gently to coat. Sprinkle with Parmesan cheese.

Easy Fried Eggplant

Ingredients

2 tablespoons canola oil
1 large eggplant, peeled and sliced
3 eggs, beaten
2 cups dry bread crumbs

Directions

Heat oil in a large skillet over medium-high heat. Dip eggplant slices in egg, then in crumbs, and place in hot oil. Fry 2 to 3 minutes on each side, or until golden brown. Drain on paper towels.

Crispy Deep Fried Bacon

Ingredients

3 eggs
1/2 cup milk
1 pound thick sliced bacon, cut in half
3 cups all-purpose flour
salt and pepper to taste
2 cups vegetable oil for frying

Directions

Whisk together the eggs and milk in a bowl until smooth. Separate the bacon strips, and soak in the milk mixture for 30 minutes.

Preheat oven to 350 degrees F (175 degrees C). Heat oil in deep skillet to 375 degrees F (190 degrees C).

Whisk together the flour, salt, and pepper in a separate bowl. Remove the bacon from the egg mixture, and toss with the flour to coat. Line a baking sheet with aluminum foil.

Fry the bacon strips 3 to 5 slices at a time until golden brown, about 4 minutes. Drain on a paper towel-lined plate. Once all of the bacon has cooked, place onto the prepared baking sheet, and bake in the preheated oven until crispy, about 7 minutes.

Simple Malaysian Fried Chicken

Ingredients

1 (4 pound) whole chicken, cut into pieces
6 cloves garlic, chopped
4 tablespoons oyster sauce
2 tablespoons curry powder
1/2 cup vegetable oil

Directions

To Marinate: In a nonporous glass dish or bowl, combine the garlic, oyster sauce and curry powder. Mix together. Add chicken pieces and turn to coat. Cover dish or bowl and refrigerate to marinate for at least 1/2 hour.

In a large skillet or wok, heat oil over medium high heat. Add marinated chicken (disposing of leftover marinade) and fry for 20 to 25 minutes or until chicken is crispy and brown and juices run clear.

April's Chicken Fried Rice

Ingredients

2 cups uncooked white rice
1 tablespoon butter
2 skinless, boneless chicken breast halves - cubed
salt to taste
2 eggs, beaten
3/4 cup sliced mushrooms
2 green onions, chopped
1 tablespoon soy sauce, or to taste

Directions

In a saucepan bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Heat butter in a large skillet over medium-high heat. Brown chicken in butter and season with salt to taste. Set chicken aside.

Transfer cooked rice to the skillet in which the chicken was cooked, stirring to brown.

In a separate skillet, scramble eggs.

To the rice add chicken, mushrooms, green onions, eggs and soy sauce to taste.

Ham and Pineapple Fried Sandwiches

Ingredients

4 slices cooked ham
4 slices sourdough bread
2 tablespoons cream cheese,
softened
1/4 cup drained crushed
pineapple
2 slices provolone or Swiss
cheese
2 eggs
1/2 cup milk
2 tablespoons white sugar
1 teaspoon butter
1 tablespoon vegetable oil

Directions

Spread cream cheese on two slices of bread. Layer 2 slices of ham, 2 tablespoons of pineapple, and one slice of cheese over the cream cheese. Then top each sandwich with one more slice of bread. Cut off crusts.

In a shallow bowl, whisk together eggs, milk and sugar. Briefly dip both sides of sandwiches in egg mixture.

Heat butter and oil in a large skillet over medium heat. Place sandwiches in skillet, and fry on each side until golden brown and cheese is melted, about 5 minutes per side. Drain on paper towels and cool for 3 minutes before serving.

Stir-Fried Chicken and Noodles

Ingredients

1/2 cup chicken broth
1/3 cup reduced-sodium soy sauce
1/4 cup white wine, or additional chicken broth
2 garlic cloves, minced
1/4 teaspoon ground ginger
1/4 teaspoon pepper
1/8 teaspoon crushed red pepper flakes
3/4 pound skinless, boneless chicken breast halves - cut into strips
4 teaspoons canola oil, divided
2 cups broccoli florets
2 cups julienned carrots
2 cups shredded Chinese or napa cabbage
1 cup fresh or frozen snow peas, cut into 1-inch pieces
6 ounces spaghetti, broken
2 teaspoons cornstarch

Directions

In a bowl, combine the first seven ingredients; set aside 3/4 cup. Place chicken in a large resealable plastic bag; add remaining marinade. Seal bag and turn to coat; refrigerate for 30 minutes.

Drain and discard marinade. In a large nonstick skillet or wok, stir-fry chicken in 2 teaspoons oil for 3-5 minutes or until no longer pink. Remove and keep warm. stir-fry broccoli and carrots in remaining oil for 6 minutes. Add cabbage and peas; stir-fry 3 minutes longer or until vegetables are crisp-tender. Meanwhile, cook pasta according to package directions.

Combine cornstarch and reserved marinade until smooth; add to vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. drain pasta; stir into vegetable mixture. Return chicken to the pan; cook and stir until heated through.

Fried Pie Crust

Ingredients

1/2 cup butter
1/2 cup flaked coconut
3/4 cup all-purpose flour
2 tablespoons brown sugar

Directions

Combine butter, coconut, flour and brown sugar in a sauce pan. Cook on medium heat until a rich brown color, stirring frequently.

Pour into pie plate and press out to edges evenly with a fork.

Allow to cool before filling.

Spicy Pan-Fried Squash

Ingredients

1 acorn squash, halved and seeded
1/2 onion, cut into chunks
2 tablespoons all-purpose flour
2 eggs, lightly beaten
1 tablespoon ground cumin
salt to taste
ground black pepper to taste
ground red pepper to taste
1/4 cup olive oil

Directions

Cut squash into chunks and remove rind. Shred squash and onion in a food processor. Place in a colander and press with a potato masher to drain any excess liquid. Transfer to a bowl and mix with flour and egg. Season with cumin, salt, pepper, and red pepper.

Heat the oil in a large skillet over medium heat. Place walnut-sized scoops of the squash mixture into the hot oil. Press flat with a spatula. Cook 3 to 5 minutes on each side, until golden brown. Drain on paper towels.

Southern Fried Chicken

Ingredients

1 (3 pound) whole chicken, cut into pieces
1 cup all-purpose flour
salt to taste
ground black pepper to taste
1 teaspoon paprika
1 quart vegetable oil for frying

Directions

Season chicken pieces with salt, pepper, and paprika. Roll in flour.

Add 1/2 to 3/4 inch oil to a large, heavy skillet. Heat to approximately 365 degrees F (185 degrees C). Place chicken pieces in hot oil. Cover, and fry until golden, turning once, 15 to 20 minutes. Drain on paper towels.

Fried Pumpkin

Ingredients

1 small sugar pumpkin
salt and pepper to taste
1/2 cup all-purpose flour
1/4 cup butter

Directions

Cut pumpkin in half, remove seeds, pith and outer skin. Cut into 2x3 inch pieces.

Place 1/2 of pumpkin (2 to 3 pounds) in large bowl and season with salt and pepper. Add flour and stir to evenly coat.

Melt butter in a large deep skillet over medium heat. Add pumpkin and cook, turning often until golden brown and tender.

Super Easy Stir-Fried Cabbage

Ingredients

1 tablespoon vegetable oil
2 cloves garlic, minced
1 pound shredded cabbage
1 tablespoon soy sauce
1 tablespoon Chinese cooking wine (Shaoxing wine)

Directions

Heat the vegetable oil in a wok or large skillet over medium heat. Stir in the garlic, and cook for a few seconds until it begins to brown. Stir in the cabbage until it is coated in oil; cover the wok, and cook for 1 minute. Pour in the soy sauce, and cook and stir for another minute. Increase the heat to high, and stir in the Chinese cooking wine. Cook and stir until the cabbage is tender, about 2 minutes more.

Meatloaf with Fried Onions and Ranch Seasoning

Ingredients

1 1/2 pounds ground beef
2 eggs, beaten
1/4 cup ketchup
3/4 cup herb-seasoned dry bread stuffing mix
1/2 (1 ounce) package dry Ranch-style dressing mix
1 (6 ounce) can French-fried onions

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, combine meat, eggs, ketchup, stuffing mix, ranch dressing mix and fried onions.

Shape into loaf and fit into 9 x 5 inch loaf pan.

Bake, covered loosely with foil, at 350 degrees F (175 degrees C) for 50 to 60 minutes, or until meat is thoroughly cooked.

Tastira (Tunisian Fried Peppers and Eggs)

Ingredients

4 cloves garlic, diced
1 tablespoon caraway seeds
1 pinch salt
3 tablespoons olive oil
2/3 cup mild chile peppers,
chopped
1 1/2 cups green bell peppers,
seeded and chopped
2 cups tomatoes, seeded and
chopped
4 eggs
salt and ground black pepper to
taste

Directions

Mash the garlic, caraway seeds, and pinch of salt in a mortar and pestle or against the side of a mixing bowl.

Heat 1 tablespoon of the olive oil in a skillet over medium heat. Stir in the chile peppers; cook and stir until the peppers have softened, about 5 minutes. Remove them from the skillet and set aside. Add another tablespoon of oil to the skillet and cook the bell peppers and tomatoes until the peppers are soft and the tomatoes have begun to break down, about 5 more minutes. Add the tomato-bell pepper mixture to the hot peppers. Stir in the mashed garlic and caraway seeds. Spoon the vegetables onto plates or a serving platter.

Heat the remaining oil in the skillet. Fry the eggs until the whites are set and the yolks are the desired consistency, about 2 to 3 minutes for runny yolks, 4 to 5 minutes for fully set yolks. Place the fried eggs on the vegetable mixture and season to taste with salt and pepper.

Northwest Fried Razor Clam Fillets

Ingredients

4 eggs
1 tablespoon hot pepper sauce
(such as Tabasco®)
salt and ground black pepper to
taste
2 cups panko bread crumbs
1 1/2 teaspoons dried tarragon
2 cups all-purpose flour
8 razor clams, cleaned and dried
2 tablespoons butter

Directions

Beat eggs, hot pepper sauce, salt, and pepper together in a bowl. Mix together the panko and tarragon in a second bowl. Place the flour in a third bowl. Dip a razor clam into the egg, then into the flour, then back into the egg, then press the clam into the panko. Gently toss between your hands so any breading that hasn't stuck can fall away. Place the breaded clams onto a plate while breading the rest; do not stack.

Heat butter in a skillet over medium-high heat. Fry clams until lightly browned, about 1 minute on each side. Do not overcook or they will become tough. Serve immediately.

Fabulous Fried Cabbage

Ingredients

2 teaspoons butter
1 (15 ounce) can chicken broth
1 head cabbage, cored and
coarsely chopped
1 pinch salt and pepper to taste

Directions

Bring the butter and chicken broth to a boil in a large skillet. Reduce heat to low and add the cabbage. Cover and cook over low heat to steam the cabbage for about 45 minutes, stirring frequently, or until cabbage is tender and sweet. Season with salt and pepper and serve.

Apple and Feta Pan Fried Pizzas

Ingredients

6 1/2 ounces dry pizza crust mix
1/2 cup hot water
5 tablespoons olive oil
8 ounces crumbled feta cheese
1 red onion, thinly sliced
1 tablespoon chopped fresh thyme
1/2 tablespoon butter
4 apples, cored and chopped
ground black pepper to taste

Directions

In a medium bowl, combine contents of the pizza dough package and 1/2 cup hot water. Stir vigorously, about 25 strokes. Set the bowl in a warm place (about 85 degrees F, or 35 degrees C) for 5 minutes. Turn dough onto floured board, divide the dough into 8 small sections. Knead the dough and shape it into rounds.

Preheat the oven to 300 degrees F (150 degrees C).

In a large skillet, heat the olive oil. Add the dough and fry until the dough is lightly browned, flipping once to brown on both sides. Once cooked, place the circles on a cookie sheet. Sprinkle the feta, red onion, and thyme on top of the circles.

Bake the pizzas until the feta begins to brown, about 10 to 12 minutes.

While the pizzas bake, in the previously used skillet, heat 1/2 tablespoon of butter and a few sprigs of thyme. Mix the apples into the skillet, and cook until the apples are soft and golden. Lay the apples on top of the pizzas, season with pepper, and serve.

Foreign Devil Fried Rice

Ingredients

6 sticks dried bean curd
1 tablespoon shredded black fungus
7 dried black mushrooms
boiling water
3 1/4 cups water
2 cups basmati rice
1 tablespoon butter or oil
4 eggs, beaten
3 tablespoons vegetable oil, or as needed
1 cup cubed carrots
1 cup chopped yellow onion
4 tablespoons minced fresh ginger root
4 tablespoons minced garlic
1/2 cup thinly sliced green onions
1 cup frozen peas
3 tablespoons tamari
2 tablespoons sesame oil
fresh ground black pepper

Directions

Place the dried bean curd in a bowl, and cover with boiling water. In a smaller bowl, place the shredded black fungus and dried black mushrooms, and cover with boiling water. Allow the bean curd, black fungus, and dried black mushrooms to soak until rehydrated, about 20 minutes.

Place 3 1/4 cups of water with rice in a saucepan. Bring to a boil over high heat, and let it boil hard for one minute. Cover with a lid, and turn heat to low. Cook on low for 5 minutes, then remove from heat (without lifting the lid). Let sit, covered, while you prepare the rest of the meal, or about 20 minutes. Do not at any time lift the lid.

In a non-stick skillet, melt butter over medium-high heat. Scramble eggs to the dry instead of the creamy point. Dump them into a bowl, and continue to chop them into bits with the edge of a wooden spoon. You don't have to pulverize them, go for pieces about the size of your thumbnail.

In one bowl, combine carrot, onion, garlic, and ginger. In another bowl, green onions and frozen peas. Now drain all the water off the bean curd, fungus and mushrooms. The bean curd might need some tough bits removed, and the remainder cut into quarter-inch rings. The mushrooms only need slicing and the fungus is pre-sliced so no worries there. Combine bean curd and mushrooms in a third bowl.

Heat wok over high heat; let the metal get smoking hot, about one minute. Add three tablespoons of vegetable oil. Wait about 30 seconds, and tip in the bowl of carrot, onion, garlic, and ginger. Cook, stirring frequently. The garlic's going to brown first because it has the highest sugar content, so keep an eye on it, and turn the flame down if necessary. Tip in the bean curd, shredded fungus, and mushrooms, and cook and stir for one minute. Now look to see that your flame is set to maximum, and tip in the spring onion and the frozen peas. You don't need to cook them, just threaten them. Keep them moving, and mix in the rice. Stir in the eggs, and then season with generous, generous amounts of tamari and sesame oil, and a few twists of fresh black pepper.

Pineapple Fried Rice II

Ingredients

- 1 cup uncooked white rice
- 2 cups water
- 2 tablespoons sesame oil
- 3 green onions, thinly sliced including tops
- 1 cup diced ham
- 1/2 cup peas
- 1 (8 ounce) can pineapple chunks, drained
- 1 egg, beaten
- 1 tablespoon white sugar
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon garlic powder
- 1/4 cup soy sauce

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Spread cooked rice out on a rimmed baking sheet and refrigerate until cooled, about 20 minutes.

Heat sesame oil in a large skillet or wok over medium-high heat. Cook and stir the green onions, ham, and peas in the hot oil until onions have softened, about 2 minutes. Stir the pineapple chunks into the wok; cook until pineapple begins to darken, about 2 minute. Push ingredients to the side of the wok, and pour beaten egg in the center. Cook until egg begins to set, about 30 seconds. Stir together all contents of the wok.

Mix the cooled rice, sugar, salt, white pepper, and garlic powder into the wok; stir constantly to keep from sticking. Cook until heated through, about 3 minutes. Sprinkle the rice with the soy sauce, and stir to combine.

Fried Butterflied Shrimp

Ingredients

1 pound large shrimp, peeled and deveined and butterflied
1 quart water
1 1/2 cups cornstarch
2 eggs
2 cups fresh bread crumbs
5 cups oil for deep frying

Directions

Preheat deep fryer or skillet with oil to 350 degrees F (175 degrees C).

In a large bowl, pour in water and mix in cornstarch and eggs.

Dip the shrimp into the mixture allowing them to be completely coated. Then roll the shrimp in the breadcrumbs. Coat the shrimp well with the breadcrumbs. Mix up the cornstarch batter again. Dip the breadcrumbs coated shrimp back into the cornstarch batter. Roll the shrimp in the breadcrumbs for a second time. Repeat for each shrimp.

Drop shrimp, one at a time, into the hot oil and cook shrimp until they are golden brown.

Microwave Fried Rice

Ingredients

1 tablespoon vegetable oil
1/2 cup sliced green onions
1 medium carrot, shredded
1 garlic clove, minced
2 cups water
1 cup uncooked long grain rice
1 tablespoon beef or chicken
bouillon granules
3/4 cup Frozen Peas, thawed
2 tablespoons soy sauce
1 1/4 cups chopped cooked ham
(optional)
2 eggs

Directions

In a 2-qt. microwave-safe dish, combine the oil, onions, carrot and garlic. Cover and microwave on high for 3-4 minutes or until vegetables are crisp-tender. Stir in water, rice and bouillon. Cover and cook on high for 15-18 minutes or until rice is tender and liquid is absorbed, stirring once. Stir in peas, soy sauce and ham if desired. Cover and let stand for 5 minutes.

Meanwhile, in a small microwave-safe bowl, beat the eggs. Cover and heat on high for 1-1/2 to 1-3/4 minutes or until firm. Cut into small pieces; stir into rice mixture. Serve immediately.

Southern Style Fried Mushrooms

Ingredients

2 cups vegetable oil for frying
1/4 cup red cooking wine
2 teaspoons water
1/2 cup all-purpose flour
1 teaspoon chopped fresh parsley
3/4 teaspoon minced garlic
1/2 teaspoon kosher salt
ground black pepper to taste
10 button mushrooms
2 tablespoons grated Parmesan cheese

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

Whisk the wine, water, flour, parsley, garlic, salt, and pepper together in a bowl until well combined and no lumps are visible. Dip each mushroom individually into the mixture to coat. Carefully put the coated mushrooms into the hot oil, keeping the mushrooms from touching and sticking together while cooking. Cook until golden brown, 5 to 6 minutes. Remove from oil and drain on a plate lined with paper towels. Sprinkle with the Parmesan cheese to serve.

Fried Dill Pickles

Ingredients

1 egg, beaten
1 cup milk
1 tablespoon all-purpose flour
1 tablespoon Worcestershire sauce
3/4 teaspoon salt
3/4 teaspoon ground black pepper
3 1/2 cups all-purpose flour
1 (32 ounce) jar sliced dill pickles, drained
1 quart vegetable oil for deep-frying

Directions

In a small bowl, mix together the egg, milk, 1 tablespoon of flour, and Worcestershire sauce. In a separate bowl, stir together the remaining flour, salt, and pepper.

Heat oil to 350 degrees F (175 degrees C) in a deep-fryer or heavy deep skillet. Dip pickle slices into the milk mixture, then into the flour mixture. Repeat dipping.

Place the pickles carefully into the hot oil. Avoid over crowding by frying in several batches. Fry until pickles float to the surface, and are golden brown. Remove with a slotted spoon, and drain on paper towels.

Stir-Fried Steak and Veggies

Ingredients

1 tablespoon cornstarch
1 tablespoon brown sugar
3/4 teaspoon ground ginger
1/2 teaspoon chili powder
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1/2 cup cold water
1/4 cup soy sauce
1 pound boneless sirloin steak,
cut into thin strips
2 tablespoons vegetable oil
2 cups broccoli florets
2 cups cauliflowerets
1 large onion, chopped
1 cup sliced carrots
Hot cooked rice

Directions

In a small bowl, whisk together the first eight ingredients until smooth; set aside.

In a skillet or wok, stir-fry steak in oil for 3-5 minutes. Add broccoli, cauliflower, onion, carrots and soy sauce mixture; cover and cook for 8 minutes or until vegetables are crisp-tender, stirring occasionally. Serve over rice.

Fried Rice Restaurant Style

Ingredients

2 cups enriched white rice
4 cups water
2/3 cup chopped baby carrots
1/2 cup frozen green peas
2 tablespoons vegetable oil
2 eggs
soy sauce to taste
sesame oil, to taste (optional)

Directions

In a saucepan, combine rice and water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.

In a small saucepan, boil carrots in water about 3 to 5 minutes. Drop peas into boiling water, and drain.

Heat wok over high heat. Pour in oil, then stir in carrots and peas; cook about 30 seconds. Crack in eggs, stirring quickly to scramble eggs with vegetables. Stir in cooked rice. Shake in soy sauce, and toss rice to coat. Drizzle with sesame oil, and toss again.

Erick's Deep Fried Rosemary Turkey

Ingredients

1 (12 pound) whole turkey, neck and giblets removed
1/2 cup minced garlic
salt and ground black pepper to taste
3 gallons peanut oil for frying
3 sprigs fresh rosemary
12 cloves garlic, peeled
1/2 cup chopped fresh ginger root

Directions

Fill an outdoor deep-fryer with the peanut oil (see tip below), and heat to 325 degrees F (160 degrees C). This will take about 30 minutes.

Rub the turkey with minced garlic, salt and pepper on the inside and outside. Fill the cavity with rosemary, garlic cloves and ginger. Refrigerate for 30 minutes to marinate.

Remove the herbs and garlic from the cavity of the bird, and discard. Make sure the opening at the neck of the turkey is at least 2 inches wide. Trim skin back if necessary. This will prevent pressure from building inside. If the turkey has a pop-up doneness indicator, it must be removed beforehand.

Place the turkey in the fryer basket, or hanging device, and slowly lower it into the hot oil. Be sure to maintain the temperature of the oil while it is frying. Cook for 3 1/2 minutes per pound, or until the internal temperature is at 180 degrees F (82 degrees C) when taken in the thickest part of the thigh.

Carefully remove the turkey from the hot oil, and turn off the deep-fryer. Let the bird cool for 5 minutes, then pat dry.

Cocoa Fried Chicken

Ingredients

2 pounds skinless, boneless chicken breast halves, cut into bite size pieces

2 cups all-purpose flour for coating

1 teaspoon cocoa powder

1 egg, beaten

2 cups seasoned dry bread crumbs

3 tablespoons olive oil

Directions

Mix flour and cocoa powder in a shallow dish or plate. One by one, coat chicken pieces in flour mixture, then dip in beaten egg, then in seasoned bread crumbs.

In a large skillet heat oil over medium high heat. Shallow fry coated chicken pieces in oil until cooked through and juices run clear (approximately 5 minutes). Enjoy!

Fried Cornmeal Mush

Ingredients

3 cups water
1 teaspoon salt
1 cup yellow cornmeal
1 tablespoon butter

Directions

In a medium saucepan, heat water to boiling. Reduce heat to medium; stir in salt and cornmeal. Cook, stirring regularly, until mixture is thick.

Spoon cornmeal mixture into a lightly greased 9x5 inch loaf pan. Cover and refrigerate overnight.

In the morning, melt butter in a skillet over medium high heat. Slice cornmeal mush into 1 inch wide slices. Cook in melted butter until golden brown on both sides.

Fried Venison Backstrap

Ingredients

1 (2 pound) venison backstrap, cut into 1/4 inch thick slices
2 cups milk
2 tablespoons hot pepper sauce
2 eggs
1/2 cup milk
3 cups all-purpose flour
2 tablespoons salt
1 tablespoon ground black pepper
3 cups vegetable oil for frying

Directions

Place the venison slices into a shallow bowl and pour in the milk and hot sauce. Stir to coat, then cover and marinate for 1 hour.

Heat the vegetable oil in an electric skillet to 325 degrees F (165 degrees C). In a shallow bowl, whisk together the eggs and milk. In a separate bowl, stir together the flour, salt and pepper.

Dip the venison slices into the flour, then into the egg and milk, then back into the flour. Shake off excess flour. Fry in the hot oil until lightly browned on each side, about 3 minutes. Remove with tongs and drain briefly on paper towels before serving.

Baked BBQ Fried Chicken

Ingredients

3 pounds skinless, boneless chicken breast halves - cut into strips
3 eggs
1 cup water
1/2 cup milk
2 tablespoons salt
2 tablespoons black pepper
6 cups all-purpose flour
1/4 cup salt
5 teaspoons black pepper
2 tablespoons minced garlic
2 tablespoons dry mesquite flavored seasoning mix
4 cups oil for frying, or as needed
1 teaspoon butter
1 (12 ounce) bottle barbecue sauce

Directions

In a large bowl, whisk together the eggs, water, milk, 2 tablespoons salt, and 2 tablespoons pepper with a fork until smooth. In another large bowl, stir together the flour, 1/4 cup salt, 5 teaspoons pepper, garlic, and mesquite seasoning.

Fill a large heavy skillet or wok halfway full with oil. Heat to 365 degrees F (180 degrees C). Use a fork to pick up one chicken strip at a time, and dip it into the egg mixture, then into the flour mixture, back into the egg mixture, and into the flour mixture again. Place coated strips into the hot oil to fry. Do not over crowd, just cook in batches. Once chicken is browned on one side, flip over, and brown on the other side.

Preheat the oven to 300 degrees F (150 degrees C). Butter one 12x20 inch glass baking dish, or two 9x13 inch baking dishes. Pour enough barbeque sauce into the dish to coat the bottom. Arrange fried chicken strips in rows in the prepared dish. Pour remaining sauce over the top.

Bake for 10 to 15 minutes in the preheated oven, until the sauce is caramelized onto the chicken.

Deep Fried Black Eyed Peas

Ingredients

1 pound dried black-eyed peas,
sorted and rinsed
1 onion, cut into large dice
2 bay leaves
1 jalapeno pepper, seeded and
diced
canola oil for frying
2 teaspoons seafood seasoning
(such as Old Bay®)
1/2 teaspoon kosher salt

Directions

Place the black-eyed peas into a large container and cover with several inches of cool water; let stand 8 hours to overnight.

The next day, drain and rinse the peas. Pour in enough water to cover the peas by 3-inches, then stir in the onion, bay leaves, and jalapeno pepper. Bring to a boil, reduce heat to low, and simmer until the peas are tender but not mushy, 40 to 50 minutes. Add more water if needed to keep the peas covered while cooking. Drain the peas in a colander set in the sink, and spread them onto a baking sheet lined with paper towels or dish towels to drain. Discard bay leaves, and refrigerate the peas until ready to fry.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Carefully pour about 1 1/2 cups of peas into the hot oil per batch, and fry until crisp, 4 to 7 minutes. Remove the peas, drain on paper towels, and toss the hot peas in a bowl with seafood seasoning and kosher salt. Serve hot.

Dorsey's Fried Oysters

Ingredients

2 cups vegetable oil for frying
1 pint shucked oysters and juice
1 egg, beaten
salt to taste
1 teaspoon ground black pepper
1 teaspoon Old Bay Seasoning
TM
1/2 cup dry pancake mix

Directions

Heat oil in a skillet over medium high heat to 350 degrees F (175 degrees C).

Combine oysters, oyster juice, egg, salt, pepper and Old Bay Seasoning. Gently stir in pancake mix to make a thin batter.

Spoon oysters one at a time into hot oil. There should be just enough batter surrounding oysters to coat them but it should not be too thick.

Fry until golden brown on both sides. Drain and serve.

Butter Fried Parsnips

Ingredients

6 parsnips, peeled and quartered lengthwise
1/4 cup all-purpose flour for coating
1/2 teaspoon seasoning salt
1/2 cup butter, melted

Directions

In a large saucepan cover parsnips with water, cover and boil over medium-high heat until tender, about 10 minutes. Drain.

In a plastic bag combine flour and seasoning salt. Dip parsnips in butter and place them in the bag. Shake bag to coat parsnips with the seasoned flour.

Heat the butter in a large skillet over medium-high heat. When the butter starts to sizzle, add parsnips. Cook, turning occasionally, until all sides are golden brown.

Crunchy Oven Fried Tilapia

Ingredients

1/4 cup all-purpose flour
1/4 teaspoon salt
pepper
2 egg whites
1 pound tilapia fillets
1/4 cup dried bread crumbs
1/4 cup cornmeal
1/2 teaspoon dried basil, crushed

Directions

Preheat oven to 450 degrees F (230 degrees Celsius).

Sift or stir flour, salt, and pepper together in a shallow dish, and set aside. In a bowl, beat egg whites until white and frothy. In another bowl, combine bread crumbs with cornmeal and basil.

To bread the fillets, dip first into flour, shaking off any excess, then into egg whites, then into bread crumb mixture.

Spray a shallow baking dish with non-stick cooking spray. Lay fillets flat in the dish, tucking under any thinner ends or edges for more even cooking. Bake in the preheated oven for 10 to 15 minutes, or until fish flakes easily with a fork.

Chinese Fried Noodles

Ingredients

2 (3 ounce) packages Oriental flavored ramen noodles
3 eggs, beaten
vegetable oil
4 green onions, thinly sliced
1 small carrot, peeled and grated
1/2 cup green peas
1/4 cup red bell pepper, minced
2 tablespoons sesame oil
soy sauce

Directions

Boil ramen noodles for 3 minutes, or until softened, without flavor packets. Reserve flavor packets. Drain noodles, and set aside.

Heat 1 tablespoon oil in a small skillet. Scramble eggs in a bowl. Cook and stir in hot oil until firm. Set aside.

In a separate skillet, heat 1 teaspoon of oil over medium heat. Cook and stir green onions in oil for 2 to 3 minutes, or until softened. Transfer to a separate dish, and set aside. Heat another teaspoon of cooking oil in the same skillet. Cook and stir the the carrots, peas, and bell peppers separately in the same manner, setting each aside when done.

Combine 2 tablespoons sesame oil with 1 tablespoon of vegetable oil in a separate skillet or wok. Fry noodles in oil for 3 to 5 minutes over medium heat, turning regularly. Sprinkle soy sauce, sesame oil, and desired amount of reserved ramen seasoning packets over noodles, and toss to coat. Add vegetables, and continue cooking, turning frequently, for another 5 minutes.

Popeye Fried Chicken

Ingredients

3 cups self-rising flour
1 cup cornstarch
3 tablespoons seasoning salt
2 tablespoons paprika
1 teaspoon baking soda
1 (.7 ounce) package dry Italian-style salad dressing mix
1 (1 ounce) package dry onion soup mix
1 packet dry spaghetti sauce mix
3 tablespoons white sugar
3 cups crushed cornflakes cereal
2 eggs, beaten
1/4 cup cold water
2 cups oil for frying
1 (4 pound) whole chicken, cut into pieces

Directions

In a shallow dish or bowl mix together the flour, cornstarch, seasoning salt, paprika, baking soda, dressing mix, soup mix, spaghetti sauce mix and sugar. Place cereal crumbs in another shallow dish or bowl, and mix together eggs and water in a third shallow dish or bowl.

Heat oil (1 inch deep) in a large skillet over medium high heat. Preheat oven to 350 degrees F (175 degrees C).

Dip chicken pieces into dry coating mix, egg/water mixture, cereal crumbs, briefly into dry mix once more, then drop into hot oil skin side down. Brown for 3 to 4 minutes, then brown other side of each piece.

Place browned chicken pieces in a 9x13 inch baking dish, skin side up, and cover dish with aluminum foil leaving one side open for escaping steam.

Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until chicken is cooked through and tender and juices run clear. Remove cover and bake another 5 minutes to let coating become crisp; serve.

Fried Steak with Peppercorn Gravy Sauce

Ingredients

1 (1.2 ounce) package brown
gravy mix
1/4 cup whipping cream
1 tablespoon vinegar
6 New York strip steaks, cut 1-
inch thick
1 tablespoon white wine
1 tablespoon whole black
peppercorns
salt and pepper to taste (optional)

Directions

Prepare gravy mix in a small saucepan according to package directions. Stir in cream, vinegar, white wine, and peppercorns. Simmer over low heat for a few minutes just to blend the flavors.

Meanwhile, heat a large skillet over medium-high heat. Season steaks with salt and pepper (if desired) and place in the hot skillet. Fry for 7 to 10 minutes per side, or to your desired degree of doneness. The internal temperature of the steaks should be at least 145 degrees F (63 degrees C) for rare meat.

Remove steaks to a serving platter or individual plates, and drizzle each one with the gravy. Garnish with peppercorns and fresh parsley for special occasions.

Fried Okra

Ingredients

10 pods okra, sliced in 1/4 inch pieces
1 egg, beaten
1 cup cornmeal
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup vegetable oil

Directions

In a small bowl, soak okra in egg for 5 to 10 minutes. In a medium bowl, combine cornmeal, salt, and pepper.

Heat oil in a large skillet over medium-high heat. Dredge okra in the cornmeal mixture, coating evenly. Carefully place okra in hot oil; stir continuously. Reduce heat to medium when okra first starts to brown, and cook until golden. Drain on paper towels.

Oven Fried Chicken IV

Ingredients

2 cups low fat sour cream
4 cloves garlic, minced
6 chicken drumsticks
6 bone-in chicken breast halves,
with skin
4 cups crushed cornflakes cereal
4 tablespoons crushed dried
rosemary
3 teaspoons dried sage
3 tablespoons garlic powder
salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Place a cooling rack on top of a large cookie sheet. Spray the rack with vegetable cooking spray.

In a medium bowl, mix together sour cream and minced garlic. In another bowl, stir together the cornflake crumbs, rosemary, sage, garlic powder, salt and pepper. Coat the chicken with the sour cream mixture, then roll in the cornflake mixture. Arrange chicken pieces on top of the cooling rack.

Bake for 1 hour in the preheated oven, until meat is no longer pink, and juices run clear.

Tostones (Fried Plantains)

Ingredients

2 cups vegetable oil for frying
3 plantains, peeled and sliced into
1-inch pieces
salt to taste
garlic powder to taste

Directions

Heat the oil in a heavy skillet over medium heat. Place a few plantain slices in the oil, and cook until lightly golden in color, about three minutes. Drain on paper towels. Repeat with the remaining slices.

While the plantain slices are still warm, place them one at a time between two sheets of wax paper, and flatten by hand to 1/4 inch thick. Return flattened slices to the skillet, and continue frying until golden brown. Drain on paper towels, and season with salt and garlic powder.

Cajun Fried Rice

Ingredients

2 cups uncooked long grain rice
3 tablespoons canola oil
1 medium green pepper, diced
1 small onion, chopped
1 celery rib, thinly sliced
2 1/4 cups water
1 (14.5 ounce) can chicken broth
1 medium tomato, diced
1 1/2 teaspoons salt
1/2 teaspoon ground cumin
1/4 teaspoon pepper
1 cup cubed cooked pork

Directions

In a large skillet, saute rice in oil until lightly browned. Add the green pepper, onion and celery; saute for 2-3 minutes. Stir in the water, broth, tomato, salt if desired, cumin and pepper. Bring to a boil. Reduce heat; cover and simmer for 18-20 minutes or until rice is tender. Stir in pork; heat through.

Fried Sweet Potatoes

Ingredients

6 sweet potatoes, peeled
1/2 cup butter
2 cups packed light brown sugar

Directions

Bring a large pot of water to a boil. Add peeled sweet potatoes, and boil for about 4 minutes. Remove from water, and cut into 1/2 inch slices.

Melt butter in a large frying pan over medium heat. Stir in brown sugar until dissolved, adding more butter if necessary. Add sweet potatoes, and fry until golden brown and fork tender, turning occasionally. Serve hot.

Fried Rice (Sinangag)

Ingredients

2 teaspoons cooking oil
2 eggs, beaten
2 teaspoons cooking oil
2 cloves garlic, minced
4 cups cold, cooked white rice
1 tablespoon soy sauce
1/4 pound diced cooked ham

Directions

Heat 2 teaspoons oil in a skillet; cook the eggs in the hot oil until set, 3 to 5 minutes. Cool and slice into thin ribbons; set aside.

Heat 2 more teaspoons oil in a large skillet; fry the garlic in the oil, mashing it while frying until light brown and almost crispy, about 5 minutes. Add the rice and mix thoroughly until it is well blended with the garlic. Add the soy sauce and mix again; cook for 2 minutes. Stir the ham into the mixture; cook and stir another 5 minutes. Fold the sliced egg into the mixture and cook until hot, about 3 minutes.

Summer Special Shrimp and Fruit Fried Rice

Ingredients

1 tablespoon vegetable oil,
divided
2 eggs, beaten
1/2 pound peeled and deveined
medium shrimp
1 (1 inch) piece fresh ginger root,
minced
2 red onions, sliced
3 green chile peppers, chopped
2/3 cup fresh pineapple, diced
1/2 cup orange segments
6 walnuts, chopped
2 cups cold, cooked white rice
1 tablespoon soy sauce
2 tablespoons chopped fresh
cilantro
salt and pepper to taste

Directions

Heat 1 teaspoon of the vegetable oil in a wok over medium-high heat. Pour in the onions, and cook until just set; set aside. Increase the heat to high, and pour another 1 teaspoon of oil to the wok. Stir in the shrimp, and cook until the shrimp turn pink, and are no longer translucent in the center, about 3 minutes; set aside.

Wipe out the wok, and heat the remaining teaspoon of oil over high heat. Stir in the ginger, and cook quickly for a few seconds until the ginger begins to turn golden brown. Stir in the onion and chile peppers; cook for a minute or two until the onions begin to soften and turn brown around the edges. Add the pineapple and oranges, and gently cook until the pineapple is hot.

Stir in the rice, walnuts, and soy sauce. Stir for a few minutes until the rice is hot. Fold in the egg, shrimp, and cilantro. Season to taste with salt and pepper, and cook to reheat.

Stir-Fried Asparagus

Ingredients

1 tablespoon olive oil
3 cups fresh asparagus, cut into 1-inch pieces
1 small onion, sliced
1 garlic clove, minced
2 tablespoons sliced almonds, toasted
2 teaspoons lemon juice
1 teaspoon soy sauce
1/2 teaspoon grated lemon peel
1 tablespoon shredded Parmesan cheese

Directions

In a skillet or wok, heat oil; stir-fry the asparagus, onion and garlic over medium-high heat until tender. Add the almonds, lemon juice, soy sauce and lemon peel; toss gently to coat. Sprinkle with Parmesan cheese.

Chicken Fried Steak II

Ingredients

1 (5 ounce) can evaporated milk
2 1/2 tablespoons hot pepper sauce
3/4 teaspoon salt
2 cups all-purpose flour
2 1/2 teaspoons paprika
1/2 teaspoon garlic powder
salt to taste
3/4 teaspoon ground black pepper
3 pounds round steak, pounded to about 1/2 inch thickness
4 cups vegetable oil

Directions

Combine the milk, hot pepper sauce and salt in a medium bowl. Measure one cup of flour into a second medium bowl. In a third medium bowl, combine the remaining flour, paprika, garlic powder, salt and ground black pepper.

First coat the steak in the unseasoned flour, then dip in the milk mixture, and finally coat meat in the seasoned flour. Repeat as necessary if there's more than one piece of meat.

Heat the oil in a medium skillet over medium high heat. Fry the coated meat in the oil for 3 minutes per side, or until golden brown. Drain meat on paper towels. (Note: Make sure the oil is fully heated before deep frying.)

Deep Fried Cheese Curds

Ingredients

1 cup all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
2 eggs, beaten
1/2 cup milk
1 pound cheese curds
1 quart oil for frying

Directions

In a medium bowl, sift together the flour, baking powder, and salt. Stir in the eggs and milk. Mix until smooth. Add more milk for a thinner batter. Coat the cheese curds with the batter.

Heat the oil in a large, heavy skillet over medium heat. Fry the coated cheese curds approximately 1 minute each, until golden brown. Drain on paper towels.

Fried Green Tomato Sandwich

Ingredients

6 (1/4 inch thick) slices green tomato
1 egg, beaten
1 cup yellow cornmeal
1/4 cup cooking oil
2 tablespoons butter
4 slices sourdough bread
6 (1/4 inch thick) slices red tomato
2 slices pepperjack cheese
2 tablespoons pickled jalapeno slices

Directions

Dip slices of green tomato into beaten egg, then cover in cornmeal to coat, shaking off the excess. Heat the oil in a large skillet over medium heat. When the oil is hot, add the tomato slices. Cook until golden brown on each side, 2 to 3 minutes per side. Remove from the skillet and drain on paper towels.

Wipe out the skillet with a paper towel and place it over medium heat. Spread butter onto one side of each slice of bread. Place half of the slices butter side down in the skillet. Stack 3 slices of green tomato, 3 slices of red tomato, a slice of pepperjack cheese and a few jalapeno slices onto each piece of bread in the skillet. Top with the remaining slices of bread with the butter on the outside. Cook until the bottom is golden. Flip the sandwiches and cook until golden brown on the other side.

Firecracker Fried Chicken Drumsticks

Ingredients

8 chicken drumsticks
1/4 cup hot pepper sauce
1/3 cup all-purpose flour
2 tablespoons yellow cornmeal
1/2 teaspoon salt
3 cups vegetable oil for frying

Directions

To Marinate: Remove skin from chicken and place in a resealable plastic bag. Pour sauce over chicken, seal bag and refrigerate to marinate for at least 1 hour, up to 24 hours. The longer the chicken marinates, the spicier it will be.

In another resealable plastic bag combine the flour, cornmeal and salt. Add chicken, seal bag and shake to coat.

Heat oil in a large, deep skillet to medium high heat. Add chicken and fry, uncovered, for 25 to 30 minutes or until juices run clear. Turn occasionally to brown evenly.

Fried Cinnamon Strips

Ingredients

1 cup white sugar
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
10 (8 inch) flour tortillas
3 cups oil for frying

Directions

Combine sugar, cinnamon and nutmeg in a large resealable plastic bag. Seal and toss to mix.

Heat oil in deep-fryer or deep skillet to 375 degrees F (190 degrees C). Fry 4 or 5 tortilla strips for 30 seconds on a side, until golden brown. Drain on paper towels.

While still warm, place fried tortillas in bag and shake to coat with sugar mixture. Serve at once or store in an airtight container.

Zesty Oven-Fried Rice

Ingredients

2 (14.5 ounce) cans chicken broth
1 1/2 cups uncooked long grain rice
1 1/2 pounds ground beef
2 large onions, thinly sliced
1 large green pepper, chopped
4 garlic cloves, minced
3 eggs, beaten
1 (4 ounce) can mushroom stems and pieces, drained
1/3 cup soy sauce
1 tablespoon hot pepper sauce

Directions

In a saucepan, bring broth to a boil. Add rice. Reduce heat; cover and simmer for 20 minutes. Meanwhile, in a skillet, cook beef, onions, green pepper and garlic over medium heat until meat is no longer pink and vegetables are tender. Drain and place in a large bowl. In the same skillet, cook and stir eggs until set but still moist. Add to meat mixture. Fluff rice with fork. Add rice, mushrooms, soy sauce and hot pepper sauce to meat mixture; mix well. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Cover and bake at 350 degrees F for 30 minutes or until heated through.

Buttermilk Fried Chicken with Gravy

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up

1 cup buttermilk

1 cup all-purpose flour

1 1/2 teaspoons salt

1/2 teaspoon pepper

oil for frying

GRAVY:

3 tablespoons all-purpose flour

1 cup milk

1 1/2 cups water

salt and pepper to taste

Directions

Place chicken in a large shallow dish. Pour buttermilk over; cover and refrigerate for 1 hour.

Combine the flour, salt and pepper in a large resealable plastic bag. Drain chicken pieces; add to flour mixture, one at a time, and shake to coat. Shake off excess; let stand on waxed paper for 15 minutes before frying.

Heat 1/8 to 1/4 in. of oil in a large skillet; fry chicken until browned on all sides. Cover and simmer, turning occasionally, for 40-45 minutes, or until juices run clear and chicken is tender. Uncover and cook 5 minutes longer. Remove chicken; drain on paper towels and keep warm.

Drain all but 1/4 cup drippings from skillet; stir in flour until blended. Gradually add milk, then 1-1/2 cups water. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Add remaining water if needed. Season with salt and pepper. Serve with chicken.

Stir-Fried Chicken with Tofu and Mixed Vegetables

Ingredients

3 tablespoons light soy sauce
1 teaspoon white sugar
1 tablespoon cornstarch
3 tablespoons Chinese rice wine
1 medium green onion, diced
2 skinless, boneless chicken breast halves - cut into bite-size pieces
3 cloves garlic, chopped
1 yellow onion, thinly sliced
2 green bell peppers, thinly sliced
1 (12 ounce) package firm tofu, drained and cubed
1/2 cup water
2 tablespoons oyster sauce
1 1/2 tablespoons chili paste with garlic

Directions

In a medium bowl, mix the soy sauce, sugar, cornstarch, and rice wine. Place the green onion and chicken in the mixture. Allow to marinate at least 15 minutes.

In a wok over medium-high heat, cook and stir the chicken with the marinade mixture about 5 minutes until almost done. Toss in the garlic, onion, and peppers. Continue to cook and stir 5 minutes, or until vegetables are crisp but tender and chicken is no longer pink and juices run clear.

Mix the tofu, water, oyster sauce, and chili paste into the wok. Cook and stir until heated through.

Creole Pan-Fried Flat Iron Steak

Ingredients

2 pounds flat iron steak
1 tablespoon hot pepper sauce (e.g. Tabasco, etc.)
2 tablespoons lime juice
2 teaspoons garlic salt
1/8 teaspoon salt
1/8 teaspoon ground black pepper
2 1/4 teaspoons blackened seasoning
1/2 cup butter
1/2 cup water

Directions

Heat a skillet over medium heat. Season the steak with hot pepper sauce. Sprinkle or mist with a little lime juice and season lightly with just a portion of the garlic salt, salt, black pepper and blackened seasoning.

Place the steak in the pan and cover with a lid. Cook for about 20 minutes, or to your desired degree of doneness, turning and adding more seasoning every 5 minutes.

Remove steaks to a serving platter and keep warm. Stir butter and water into the pan, removing any browned bits from the bottom to make a gravy. Season with additional garlic salt, salt and pepper to taste. Serve steaks with gravy drizzled over them.

Chicken Fried Steak

Ingredients

1/2 pound (1/2 inch thick)
boneless sirloin steak
1/4 cup all-purpose flour
1/4 cup seasoned bread crumbs
1 egg
2 teaspoons water
3 tablespoons canola oil
COUNTRY GRAVY:
2 tablespoons all-purpose flour
1 1/4 cups 2% milk
1/4 teaspoon salt
1/4 teaspoon white pepper

Directions

Flatten steak to 1/4-in. thickness. Cut into two serving-size pieces. Place flour and bread crumbs in separate shallow bowls. In another shallow bowl, beat egg and water. Coat steaks with flour, then dip into egg mixture and coat with crumbs.

In a large skillet, cook steaks in oil over medium heat for 1-2 minutes on each side or until meat reaches desired doneness. Remove and keep warm.

For gravy, stir flour into pan drippings until blended, loosening browned bits. Gradually stir in milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Season with salt and pepper. Serve with steaks.

Fried Corn with Bacon

Ingredients

6 ears corn, husked and cleaned
6 slices bacon
1/2 large green bell pepper,
chopped

Directions

Slice corn off of cob and scrape cob to release the milk. Set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Crumble and set aside.

Retain 2 tablespoons of the bacon grease in the pan and fry pepper until just softened. Add the corn and cook until tender. Stir in the crumbled bacon and cook 1 minute more.

Crispy Oven-Fried Fish Fillets

Ingredients

vegetable cooking spray
4 (4 ounce) fillets white fish*
1/3 cup milk
1/4 cup all-purpose flour
2 cups Pepperidge Farm®
Generous Cut Zesty Italian
Croutons, crushed**
tartar sauce

Directions

Preheat oven to 450 degrees F. Spray baking sheet with vegetable cooking spray.

Dip fish into milk. Coat with flour and then dip in milk. Coat with crushed croutons.

Place fish on baking sheet. Spray fish with vegetable cooking spray.

Bake for 10 minutes or until fish is done. Serve with tartar sauce.

Tracie's Savory Fried Chicken

Ingredients

10 chicken legs
1 cup all-purpose flour
2 tablespoons shortening
1/2 teaspoon dried savory
1 teaspoon herb-and-spice
seasoning blend

Directions

Rinse chicken and pat dry. Put flour in a shallow dish or bowl and roll chicken in flour.

Heat shortening in a large skillet over medium heat. Add floured chicken and sprinkle with savory and seasoning. Fry for about 20 minutes each side; I fry on three sides, so it takes about 60 minutes (1 hour).

Fried Chicken Gizzards

Ingredients

1 1/2 pounds chicken gizzards
1/2 cup all-purpose flour
1 1/2 tablespoons seasoned salt
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons garlic powder (optional)
2 cups vegetable oil for frying

Directions

Trim excess fat and gristle from chicken gizzards. Rinse under cold running water.

Place gizzards in a pot of cold water. Bring water and gizzards to a rolling boil; continue to boil for about 15 minutes. Strain gizzards using a colander. Allow to cool.

Meanwhile, combine the flour, seasoned salt, pepper, and garlic powder in a plastic bag. Shake well to combine.

Preheat vegetable oil in a skillet with a lid over medium-high heat to 375 degrees F (190 degrees C).

Thoroughly coat gizzards with flour mixture and shake off excess. Gently lay the coated gizzards in the hot oil. Cook until brown. Reduce heat to medium; cover skillet with lid and cook another 10 minutes. Remove to paper towels to drain.

Colorful Fried Rice

Ingredients

1 1/2 cups cold cooked rice
2 green onions, chopped
1 small carrot, diced
1/4 cup fresh or frozen peas,
thawed
4 teaspoons soy sauce
1 tablespoon minced fresh parsley
1 tablespoon vegetable oil
1 egg, beaten
salt and pepper to taste

Directions

In a skillet, cook and stir the rice, onions, carrot, peas, soy sauce and parsley in oil until onions are tender and rice is heated through. Add egg; cook and stir until egg is completely set. Season with salt and pepper.

Cameroonian Fried Spinach

Ingredients

1 (10 ounce) package baby spinach, rinsed
1 cup fresh shiitake mushrooms, stemmed and quartered
1 medium onion, coarsely chopped
1 tablespoon olive oil
garlic powder to taste

Directions

Heat the olive oil in a wok, or large frying pan over medium-high heat. Add the mushrooms and onion, and saute until they are about halfway done. Dump in the spinach, and liberally sprinkle with garlic powder. Fry until the spinach has wilted, about 5 to 7 minutes.

George's Greek Fried Chicken

Ingredients

- 4 skinless chicken pieces
- 1/2 cup Greek olive oil
- 1 lemon, juiced
- 1 1/2 tablespoons freshly ground black pepper
- 1 teaspoon salt
- 1 1/2 tablespoons dried oregano
- 1 dash cinnamon
- 1 dash poultry seasoning
- 1/2 cup olive oil for frying
- 1 lemon, cut into wedges

Directions

In a medium bowl, combine chicken pieces with 1/2 cup olive oil, lemon juice, pepper, salt, oregano, cinnamon, and poultry seasoning. Allow the chicken to soak in the oil and seasonings for five minutes. In fact, rub the marinade into the chicken using your hands.

Heat 1/2 cup olive oil over low heat in a 1 1/2 inch deep frying pan with a lid to fit (to keep the juices in the chicken). Carefully lay the chicken pieces in the frying pan. Put the lid on the pan, and cook until chicken is done, about 20 minutes, flipping pieces occasionally. Increase heat to medium-high, and cook just long enough to make the outside of the chicken brown.

Serve hot, garnished with lemon wedges. Squeeze some lemon on the chicken for delicious added flavor.

Southern Fried Catfish

Ingredients

1/2 cup buttermilk
1/2 cup water
salt and pepper, to taste
1 pound catfish fillets, cut in strips
1 1/2 cups fine cornmeal
1/2 cup all-purpose flour
1 teaspoon seafood seasoning,
such as Old Bay
1 quart vegetable oil for deep
frying

Directions

In a small bowl, mix buttermilk, water, salt, and pepper. Pour mixture into a flat pan large enough to hold the fillets. Spread fish in one layer over bottom of pan, turning to coat each side, and set aside to marinate.

In a 2 gallon resealable plastic bag, combine the cornmeal, flour, and seafood seasoning. Add fish to mixture, a few fillets at a time, and tumble gently to coat evenly.

Heat oil in deep fryer to 365 degrees F (185 degrees C).

Deep fry fillets until golden brown, about 3 minutes. Avoid overcrowding so fillets have room to brown properly. Fish should be slightly crisp outside, and moist and flaky inside. Drain on paper towels.

Chicken with Grape Tomatoes and Fried Basil

Ingredients

1/3 cup olive oil
1/2 cup coarsely chopped fresh basil
4 bone-in chicken breast halves salt
freshly ground black pepper
1 cup chicken broth
1 cup white wine
2 tablespoons balsamic vinegar
2 bay leaves
1/2 teaspoon ground dried thyme
2 cups water
1 cup uncooked long grain rice
1 pint grape tomatoes, halved

Directions

Heat oil in a large skillet over medium-high heat. Cook basil in oil until it begins to get crispy and has a strong basil smell; this will take several minutes. Scoop basil out of oil with a slotted spoon, and drain on paper towels.

Remove half of the remaining oil from the pan. Sprinkle chicken with salt and pepper to taste, and brown in oil; this should take about 4 minutes per side. Stir in chicken broth, wine, and balsamic vinegar. Season with bay leaves and thyme. Cover, and simmer over low heat until chicken is done and sauce is reduced; this should take about 25 minutes.

In a small saucepan, combine water and rice. Bring to a boil. Reduce heat to low, cover, and cook for 20 minutes.

Place halved tomatoes in the pan with the chicken, cover, and simmer until the tomatoes are warm. Spoon chicken pieces, tomatoes, and sauce over rice, and garnish with fried basil.

Creole Fried Chicken

Ingredients

1 cup all-purpose flour
2 teaspoons salt
1 1/2 teaspoons Creole seasoning
1/2 teaspoon pepper
1 (3 1/2) pound broiler-fryer
chicken, cut up
3 tablespoons cooking oil
2 cups water

Directions

In a shallow bowl or large resealable plastic bag, combine dry ingredients. Dredge chicken. Heat oil in a large skillet, fry chicken, a few pieces at a time, until brown on all sides. Add water; bring to a boil. Reduce heat; cover and simmer for 45 minutes or until juices run clear. Thicken gravy if desired.

Fried Cabbage II

Ingredients

3 slices bacon, chopped
1/4 cup chopped onion
6 cups cabbage, cut into thin wedges
2 tablespoons water
1 pinch white sugar
salt and pepper to taste
1 tablespoon cider vinegar

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Remove bacon, and set aside.

Cook onion in the hot bacon grease until tender. Add cabbage, and stir in water, sugar, salt, and pepper. Cook until cabbage wilts, about 15 minutes. Stir in bacon. Splash with vinegar before serving.

Fried Frog Legs with Creamy Onion-Mushroom

Ingredients

1 1/2 pounds meaty frog legs
1 cup milk
1 eggs, lightly beaten, divided
1 teaspoon garlic powder
1/2 teaspoon onion powder

1 cup all-purpose flour
1/4 cup fine dry bread crumbs
2 tablespoons yellow cornmeal
1/2 teaspoon baking powder
2 teaspoons salt
1 teaspoon fresh ground black pepper
1 teaspoon cayenne pepper
1 teaspoon paprika
1/2 teaspoon dried oregano
1/2 teaspoon ground thyme
1/4 teaspoon cumin
1 teaspoon dried parsley

1/2 cup olive oil
3 tablespoons butter

1 small onion, diced
5 large mushrooms, diced
2 tablespoons all-purpose flour
1 cup milk
1 cup evaporated milk
1 teaspoon instant chicken bouillon granules
salt and pepper to taste

Directions

Rinse frog legs and pat dry. Separate the legs at the joint if desired. Set aside. In a medium bowl, mix together 1 cup milk, half of the beaten egg (about 1 tablespoon), garlic powder, and onion powder. Place the frog legs into the mixture, cover and refrigerate for about one hour, stirring occasionally.

In a large bowl, stir together 1 cup flour, bread crumbs, cornmeal, baking powder, 2 teaspoons salt, 1 teaspoon pepper, cayenne, paprika, oregano, thyme, cumin and parsley. Mix well and set aside.

Heat the olive oil and butter in a large skillet or electric skillet set to medium heat. For an electric skillet, set to 325 degrees F (165 degrees C). Dip each frog leg portion into the flour and spice mixture, packing on as much of the dry mixture as you can. Place the coated frog legs into the pan so they are close but not touching. Cook for about 15 minutes, until browned and crispy, turning often to prevent burning. Take care, they will become more fragile as they cook. Remove from pan, and place on paper towels to drain.

Add the chopped onion and mushrooms to the skillet, and sprinkle them with chicken bouillon. Cook, stirring frequently until onions and vegetables are soft. Sprinkle the last 2 tablespoons of flour into the skillet, and stir to blend in. Cook, stirring constantly until the flour is browned. Mix together the remaining 1 cup milk, evaporated milk, and the other half of the beaten egg. Gradually mix into the skillet. Whisk or stir constantly until the gravy is thick and bubbly. Season to taste with salt and pepper. Add the frog legs, and serve them smothered with gravy.

Stir-Fried Pumpkin

Ingredients

3 tablespoons olive oil
1/2 cup chopped onion
1 teaspoon minced garlic
4 cups cubed fresh pumpkin
1/2 cup grated carrot
2 tablespoons soy sauce
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoons black sesame seeds

Directions

Heat the oil in a large skillet. Add the onion and garlic; cook and stir until the onions begin to brown. Stir in the pumpkin, carrot, soy sauce, salt, and pepper; cook another 5 to 7 minutes, until pumpkin is tender. Sprinkle with sesame seeds before serving.

Oven Fried Parmesan Chicken

Ingredients

1 clove crushed garlic
1/4 pound butter, melted
1 cup dried bread crumbs
1/3 cup grated Parmesan cheese
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/8 teaspoon ground black pepper
1 (4 pound) chicken, cut into pieces

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a shallow glass dish or bowl, combine the crushed garlic with the melted butter or margarine. In another small bowl mix together the bread crumbs, cheese, parsley, salt and pepper. Dip chicken pieces into garlic butter, then into crumb mixture to coat.

Place coated chicken pieces into a lightly greased 9x13 inch baking dish. Drizzle with remaining garlic butter and bake uncovered in the preheated oven for 1 to 1 1/4 hours, or until chicken is cooked through and juices run clear.

Quick Fried Rice

Ingredients

1 (10 ounce) package frozen mixed vegetables
2 eggs
4 cups cooked white rice
6 slices bacon
1/2 cup snow peas
2 carrots, diced
2 tablespoons soy sauce
1/2 teaspoon salt

Directions

Prepare frozen vegetables according to package instructions and set aside.

Scramble the eggs in a medium skillet and chop into small bits; set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside, reserving skillet with bacon grease.

Place the rice in the skillet of bacon grease and saute for 2 to 3 minutes, until coated. Mix in soy sauce, mixed vegetables, carrots and peas. Cook for 20 minutes before stirring the bacon and eggs into the rice; cook for another 10 minutes, stirring, and serve.

Twice Fried Fish

Ingredients

- 1 tablespoon hoisin sauce
- 1 tablespoon canned tomato sauce
- 1 tablespoon dry sherry
- 1 teaspoon ground black pepper
- 2 tablespoons dark soy sauce
- 1 teaspoon white sugar
- 1 teaspoon salt
- 1 1/2 pounds cod fillets
- 3 tablespoons vegetable oil
- 1 tablespoon lard
- 1 teaspoon cornstarch
- 4 tablespoons water

Directions

In a mixing bowl, mix together hoisin sauce, tomato sauce, sherry, pepper, soy sauce, sugar and salt. Set aside for 20 minutes.

Rub cod filets with 1 tablespoon of oil. Heat a large skillet and add the remaining 2 tablespoons of oil. Fry fish for 2 minutes on both sides, drain on paper towels, and set aside.

Discard oil from skillet, and add 1 tablespoon of lard. Melt over medium heat and add soy sauce mixture, stirring well. Dissolve the cornstarch in the water and pour into the skillet, stirring constantly. Cook until thickened.

Return fish to the skillet and cook again for 1 minute on each side.

Fried Farfalle Chips

Ingredients

2 cups bow tie pasta
4 tablespoons vegetable oil
2 tablespoons grated Parmesan cheese
1 teaspoon chili powder
1 teaspoon garlic powder
1 teaspoon dry mustard

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse pasta under cold water. Pasta should be drained thoroughly of water.

In a large skillet, heat oil to 375 degrees F (190 degrees C) and fry about 1 cup of pasta at a time until golden. Drain on paper towels.

In large bowl, combine Parmesan, chili powder, garlic powder and dry mustard. Toss with drained pasta. Serve.

Southern Spicy Fried Chicken

Ingredients

1 (3 pound) whole chicken, cut into pieces
salt and ground black pepper to taste
1 quart buttermilk
2 tablespoons hot pepper sauce
1 teaspoon cayenne pepper
3 cups all-purpose flour
1 tablespoon cayenne pepper
2 teaspoons garlic powder
1 teaspoon paprika
salt and ground black pepper to taste
vegetable oil for deep frying

Directions

Sprinkle the chicken pieces with salt and pepper, and place them in a deep-sided baking dish.

Whisk together the buttermilk, hot pepper sauce, and 1 teaspoon of cayenne pepper in a bowl. Pour the mixture over the chicken, stir to coat all sides of the chicken pieces, and cover the dish with plastic wrap. Refrigerate for about 2 hours to marinate.

Remove the chicken pieces from the buttermilk mixture, and shake off excess. Discard the remaining buttermilk mixture.

Place the flour, 1 tablespoon of cayenne pepper, garlic powder, paprika, and salt and pepper to taste in a large plastic zipper bag, and shake well to combine. Place 2 or 3 pieces of chicken at a time into the plastic bag, and shake well to coat the chicken pieces with seasoned flour.

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Gently place chicken pieces into the hot oil, and fry until chicken is cooked through and golden brown, 8-10 minutes (breasts and wings) or 13 to 15 minutes (thighs and drumsticks). Drain the fried chicken on paper towels.

Kim's Stir-Fried Ginger Garlic Chicken

Ingredients

3 skinless, boneless chicken
breast halves
1 (2 inch) piece fresh ginger root
2 tablespoons coconut oil
2 1/2 teaspoons pressed garlic
1/3 cup hoisin sauce

Directions

Slice the chicken breasts into strips across the grain, and set aside. Peel and grate the ginger root and set aside.

Heat the coconut oil in a wok over medium-high heat until the oil is melted and hot. Stir in the ginger and garlic, and cook and stir for about 20 seconds, to release the flavor. Toss the chicken strips into the hot oil, and scoop the hoisin sauce over the chicken. Cook and stir for 5 to 7 minutes, until the sauce coats the chicken and the meat is no longer pink inside.

Crab Fried Rice

Ingredients

2/3 cup uncooked long grain white rice
1 1/3 cups water
3 tablespoons vegetable oil
2 medium onions, cut into wedges
3 cloves garlic, chopped
1/2 tablespoon white sugar
2 teaspoons salt
1 egg, beaten
1/4 pound cooked crabmeat
3 green onions, chopped
1 tablespoon chopped cilantro
1/2 cucumber, sliced
1 lime, sliced

Directions

Place the rice and water in a saucepan, and bring to a boil. Reduce heat, cover, and simmer for 20 minutes.

Heat the oil in a wok over medium heat. Cook and stir the onions and garlic in the hot oil until tender. Mix in the rice, sugar, and salt, and cook 5 minutes, until well blended. Stir in the egg until the rice is coated. Increase heat to high, and mix in the crabmeat, green onions, and cilantro. Continue cooking 2 to 5 minutes, until the crab is heated through. Garnish with the cucumber and lime slices to serve.

Pan Fried Filets with Mushroom Sauce

Ingredients

1 (8 ounce) can chopped mushrooms - drained, liquid reserved
1/4 cup unsalted butter, softened
1/4 cup minced onion
1/4 teaspoon salt
fresh ground black pepper to taste
4 (4 ounce) beef tenderloin filets
3 tablespoons strawberry jelly
1/2 teaspoon fresh lemon juice
5 tablespoons vanilla ice cream

Directions

Mince mushrooms, then mix with butter, minced onion, salt, and pepper in a small bowl. Reserve half of butter mixture, and divide other half over the 4 filets.

Heat a large skillet over medium-high heat. Place steaks, butter side down, in hot skillet. Spread remaining butter mixture over steaks. Cook to desired doneness, turning once. Transfer filets to a plate, cover loosely with foil, and keep warm.

Return skillet to medium-high heat. Stir in reserved mushroom liquid, and scrape up any browned bits from the bottom of pan. Add jelly and lemon juice, and simmer until liquid is reduced by half. Stir in ice cream, and cook until sauce is thickened, about 2 minutes. Pour over filets, and serve immediately.

Spicy Oven Fried Chicken

Ingredients

1 cup buttermilk
1/4 cup hot pepper sauce
4 boneless, skinless chicken breast halves
1 cup dry bread crumbs
1/2 cup all-purpose flour
2 teaspoons onion powder
1 teaspoon cornstarch
1 teaspoon white sugar
1 teaspoon garlic salt
1 teaspoon salt
1 teaspoon pepper
1 teaspoon paprika
1/2 teaspoon cayenne pepper
2 tablespoons olive oil

Directions

In a medium bowl, mix the buttermilk and hot pepper sauce. Place chicken in the mixture to coat. Cover, and marinate in the refrigerator 8 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C).

In a separate medium bowl, mix dry bread crumbs, flour, onion powder, cornstarch, white sugar, garlic salt, salt, pepper, paprika, and cayenne pepper. Thoroughly coat the chicken in the bread crumb mixture.

Heat the olive oil in a medium skillet over medium heat, and cook chicken 5 to 7 minutes on each side, until lightly browned.

Transfer chicken to a medium baking dish, and bake in the preheated oven 30 minutes, until no longer pink and juices run clear.

Fried Scrapple Sandwiches

Ingredients

3 tablespoons vegetable oil
4 (1/4 inch thick) slices fresh scrapple
8 slices bread, toasted
2 teaspoons prepared spicy mustard

Directions

Heat the vegetable oil in a large nonstick skillet over medium-low heat. Cook the scrapple until crispy and browned on both sides, 5 to 7 minutes per side. Drain the scrapple slices on a paper towel-lined plate. Place a scrapple slice onto a piece of toasted bread, spread with mustard, and top with another slice of bread to assemble.

Deep-Fried Turkey

Ingredients

3 gallons peanut oil for frying, or as needed
1 (12 pound) whole turkey, neck and giblets removed
1/4 cup Creole seasoning
1 white onion

Directions

In a large stockpot or turkey fryer, heat oil to 400 degrees F (200 degrees C). Be sure to leave room for the turkey, or the oil will spill over. Layer a large platter with food-safe paper bags.

Rinse turkey, and thoroughly pat dry with paper towels. Rub Creole seasoning over turkey inside and out. Make sure the hole at the neck is open at least 2 inches so the oil can flow freely through the bird.

Place the whole onion and turkey in drain basket. The turkey should be placed in basket neck end first. Slowly lower basket into hot oil to completely cover turkey. Maintain the temperature of the oil at 350 degrees F (175 degrees C), and cook turkey for 3 1/2 minutes per pound, about 45 minutes.

Carefully remove basket from oil, and drain turkey. Insert a meat thermometer into the thickest part of the thigh; the internal temperature must be 180 degrees F (80 degrees C). Finish draining turkey on the prepared platter.

Pretzel Coated Fried Fish

Ingredients

1 quart oil for frying
3/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
1 pound frozen cod fillets, thawed
2 eggs
3/4 cup crushed pretzels

Directions

Heat the oil in a deep fryer to 350 degrees F (175 degrees C).

Mix the flour, salt, and pepper in a large resealable plastic bag. Place cod in the bag, and gently shake to coat. Place eggs and crushed pretzels in two separate shallow dishes. Dip coated cod in the eggs, then in the crushed pretzels.

Fry coated fish 10 minutes in the preheated oil, turning once, until golden brown and easily flaked with a fork.

Italian Sausage Fried Rice

Ingredients

- 1 pound bulk Italian sausage
- 1 cup uncooked long grain rice
- 1 large onion, chopped
- 1 garlic clove, minced
- 2 cups water
- 1 teaspoon salt
- 1/4 teaspoon hot pepper sauce
- 1 (14.5 ounce) can diced tomatoes, undrained
- 1 cup frozen peas, thawed

Directions

In a large skillet, cook sausage over medium heat until no longer pink; drain. Add the rice, onion and garlic; cook and stir until onion is tender. Stir in the water, salt and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 18-20 minutes or until rice is tender.

Stir in tomatoes and peas; cover and cook 5-10 minutes longer or until peas are heated through.

Kentucky Style Fried Green Tomatoes

Ingredients

1/2 cup bacon grease
1/3 cup all-purpose flour
3/4 cup cornmeal
1/4 teaspoon ground black pepper
1 egg
1/4 cup milk
1 green tomato, cut into 1/4 inch slices

Directions

Heat the bacon grease in a large skillet over medium heat. In one small bowl, stir together the flour, cornmeal and pepper. In another small bowl, whisk together the egg and milk using a fork.

Dip the tomato slices into the egg and milk, then coat with the dry mixture. Place the breaded tomato slices in the hot bacon grease. Cook until browned on each side, about 3 to 4 minutes per side. Bacon grease burns easily, so adjust your heat if you need to.

Fried Katayef (Egyptian Dessert)

Ingredients

1 1/2 cups water
1 cup white sugar
1 teaspoon fresh lemon juice

1 (8 ounce) container ricotta cheese
1 teaspoon cornstarch

2 1/2 cups all-purpose flour
1 1/2 (.25 ounce) envelopes active dry yeast
3 cups water

3 cups oil for frying

Directions

Make a syrup by stirring the water, sugar, and lemon juice together in a saucepan over medium heat until thick; set aside to cool.

Make a filling by combining the ricotta cheese and cornstarch in a small bowl; set aside.

Make the dough by mixing together the flour and the yeast. Stir the water into the flour mixture 1 cup at a time, whisking to remove any lumps, until the mixture reaches a pourable consistency; allow to rest 1 hour.

Heat a skillet over medium heat. Ladle 2 to 3 ounces of batter at a time into the center of the skillet into a round shape. Each katayef shell is finished when the top is dry and the bottom is slightly browned.

Fill each shell with an equal portion of the cheese mixture. Fold one end of the shell over the cheese mixture and seal into a semi-circle shape by pinching along the edges.

Heat the frying oil in a small saucepan over medium heat. Fry the katayef in the oil until crispy and lightly browned; immerse in the syrup to coat; serve immediately.

Fried Tempeh in Batter

Ingredients

- 1 cup all-purpose flour
- 2 green onions, chopped
- 1 clove garlic, crushed
- 1 egg, beaten
- 2 teaspoons ground coriander seed
- 1 teaspoon ground ginger
- 1 1/2 cups water
- salt and pepper to taste
- 1 (8 ounce) package tempeh
- 2 cups vegetable oil for frying

Directions

Combine flour, green onion, garlic, egg, coriander, ginger, water, salt and pepper in a mixing bowl, mix until the mixture becomes a thin cake-batter like consistency, adding more water if necessary.

Slice the tempeh about 1 inch thick. Dip tempeh into the batter and place them one at a time into a skillet of hot oil. Fry the tempeh until golden brown. Serve while warm.

Garlic Chicken Fried Chicken

Ingredients

2 teaspoons garlic powder, or to taste
1 teaspoon ground black pepper
1 teaspoon salt
1 teaspoon paprika
1/2 cup seasoned bread crumbs
1 cup all-purpose flour
1/2 cup milk
1 egg
4 skinless, boneless chicken breast halves - pounded thin
1 cup oil for frying, or as needed

Directions

In a shallow dish, mix together the garlic powder, pepper, salt, paprika, bread crumbs and flour. In a separate dish, whisk together the milk and egg.

Heat the oil in an electric skillet set to 350 degrees F (175 degrees C). Dip the chicken into the egg and milk, then dredge in the dry ingredients until evenly coated.

Fry chicken in the hot oil for about 5 minutes per side, or until the chicken is cooked through and juices run clear. Remove from the oil with a slotted spatula, and serve.

Stir-Fried Vegetables with Chicken or Pork

Ingredients

2 tablespoons vegetable oil
1/2 pound boneless skinless chicken breasts, cut into cubes
2 cloves garlic, chopped
2 tablespoons oyster sauce

1 cup chopped broccoli
1 cup sliced green bell pepper
1 cup sliced carrots
1 cup sliced napa cabbage
1 cup sliced celery
1 cup fresh bean sprouts
1 cup sliced zucchini
1 cup chopped green onions
1 teaspoon salt

1/2 cup water
2 tablespoons mushroom soy sauce
1 tablespoon cornstarch

Directions

Heat oil in a wok or large heavy skillet. Add chicken, garlic and oyster sauce, and stir-fry for 10 minutes. Stir in broccoli, green pepper, carrots, cabbage, celery, bean sprouts, zucchini and green onions. Season with salt, and stir-fry for 6 to 8 minutes. In a small bowl, mix together water, soy sauce and cornstarch. Stir into vegetables, and cook for 1 to 2 minutes, or until sauce is thickened.

Fried Green Tomatoes

Ingredients

1 cup all-purpose flour
1 teaspoon salt
1 teaspoon pepper
5 green tomatoes, sliced 1/2 inch thick
1 cup crushed saltine crackers
2 eggs, beaten
1/2 cup butter

Directions

In a small bowl, stir together the flour, salt and pepper. Place the crushed saltine crackers in another bowl, and the beaten eggs in a third bowl.

Melt the butter in a large skillet over medium heat. Dip each tomato slice in the egg to coat, then in the flour mixture. Dip the floured tomato slice back into the egg, and then into the cracker crumbs. Place the coated tomato slices in the hot skillet, and fry until golden brown on each side, about 3 to 5 minutes per side. Add more butter to the pan, if necessary. Serve hot!

Stir-Fried Vegetables

Ingredients

2 medium green peppers,
julienned
2 medium sweet red peppers,
julienned
2 medium carrots, julienned
2 cups broccoli florets
3 tablespoons vegetable oil
2 tablespoons light soy sauce
1 teaspoon ground ginger
6 green onions, thinly sliced
2 tablespoons cornstarch
1 cup low-sodium chicken broth
1/4 cup cold water

Directions

In a large skillet or wok, saute the peppers, carrots and broccoli in oil until crisp-tender, about 3 minutes. Combine soy sauce and ginger; add to pan with onion. Cook and stir for 1 minute. Combine cornstarch, broth and water until smooth; gradually stir into vegetables. Bring to a boil; cook and stir for 2 minutes or until thickened.

Honey Fried Chicken

Ingredients

1 (4 pound) whole chicken, cut into pieces
salt and pepper to taste
1/2 cup honey
1 tablespoon garlic powder
1 packet chicken bouillon granules
2 cups all-purpose flour
1 quart vegetable oil for frying

Directions

Season chicken pieces with salt and pepper, then coat each seasoned chicken piece with honey.

In a shallow dish or bowl, mix together the garlic powder, chicken bouillon granules and flour. Dredge honey coated chicken pieces in flour mixture, coating completely.

Fill a large, heavy skillet with oil to a depth of one inch. Heat over medium-high heat.

Fry chicken for at least 5 minutes per side, until no longer pink and juices run clear.

Deep Fried Oreos®

Ingredients

2 quarts vegetable oil for frying
1 large egg
1 cup milk
2 teaspoons vegetable oil
1 cup pancake mix
1 (18 ounce) package cream-filled
chocolate sandwich cookies (such
as Oreo®)

Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Whisk together the egg, milk, and 2 teaspoons of vegetable oil in a bowl until smooth. Stir in the pancake mix until no dry lumps remain. Dip the cookies into the batter one at a time, and carefully place into the hot frying oil. Fry only 4 or 5 at a time to avoid overcrowding the deep fryer. Cook until the cookies are golden-brown, about 2 minutes. Drain on a paper towel-lined plate before serving.

Crispy Fried Chicken

Ingredients

1 (4 pound) chicken, cut into pieces
1 cup buttermilk
2 cups all-purpose flour for coating
1 teaspoon paprika
salt and pepper to taste
2 quarts vegetable oil for frying

Directions

Take your cut up chicken pieces and skin them if you prefer. Put the flour in a large plastic bag (let the amount of chicken you are cooking dictate the amount of flour you use). Season the flour with paprika, salt and pepper to taste (paprika helps to brown the chicken).

Dip chicken pieces in buttermilk then, a few at a time, put them in the bag with the flour, seal the bag and shake to coat well. Place the coated chicken on a cookie sheet or tray, and cover with a clean dish towel or waxed paper. LET SIT UNTIL THE FLOUR IS OF A PASTE-LIKE CONSISTENCY. THIS IS CRUCIAL!

Fill a large skillet (cast iron is best) about 1/3 to 1/2 full with vegetable oil. Heat until VERY hot. Put in as many chicken pieces as the skillet can hold. Brown the chicken in HOT oil on both sides. When browned, reduce heat and cover skillet; let cook for 30 minutes (the chicken will be cooked through but not crispy). Remove cover, raise heat again and continue to fry until crispy.

Drain the fried chicken on paper towels. Depending on how much chicken you have, you may have to fry in a few shifts. Keep the finished chicken in a slightly warm oven while preparing the rest.

Ginger Shrimp with Fried Rice

Ingredients

2 2/3 cups water
1 1/3 cups uncooked white rice
2 tablespoons sesame oil
1 tablespoon butter
1/4 cup snow peas
1/4 cup whole kernel corn,
drained
3/4 pound cooked shrimp -
peeled and deveined

1/3 cup orange juice
1/4 cup fresh lime juice
2 tablespoons minced onion
2 teaspoons honey
2 teaspoons minced fresh ginger
root
1 clove minced garlic
3/4 cup chicken broth
1 teaspoon cornstarch
1 teaspoon butter

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

In a large skillet over high heat, add sesame oil and allow it to get hot. Add rice and 1 tablespoon of butter. Saute for three minutes.

Stir in the snow peas and corn. Saute until rice begins to brown slightly. Add shrimp to top of rice. Reduce heat to low and cover to keep warm.

In a mixing bowl, whisk together the orange and lime juices, onion, honey, ginger root and garlic. Mix thoroughly. Spoon enough of the mixture to coat the shrimp.

In a saucepan over high heat, combine the remaining juice mixture with chicken broth and cornstarch. Bring to a boil and reduce heat. Simmer until thickened. Stir in 1 teaspoon of butter. Serve over the rice and shrimp.

Deep Fried Cookies

Ingredients

1 quart canola oil for frying
1 (20 ounce) package chocolate sandwich cookies with creme filling
2 cups dry pancake mix
1 cup water
1/2 cup confectioners' sugar for dusting

Directions

Heat oil in a deep-fryer to 375 degrees F (190 degrees C). Mix pancake mix with water according to package directions.

When the oil comes up to temperature, dip 4 or 5 cookies at a time into the batter, and fry in hot oil, turning once, until golden brown. Remove from oil using tongs, and drain on paper towels. Sprinkle fried cookies with confectioners' sugar and serve.

Mochiko Asian Fried Chicken

Ingredients

4 eggs
1/4 cup cornstarch
1/4 cup white sugar
5 cloves garlic, minced
1/2 cup sweet rice flour (mochiko)
4 teaspoons salt
4 green onions, chopped
1/4 cup oyster sauce
5 pounds boneless chicken thighs, cut in half
2 cups vegetable oil, for deep frying

Directions

Combine eggs, cornstarch, sugar, garlic, rice flour, salt, green onions, and oyster sauce in a large bowl. Mix well. Stir in the chicken thighs, making sure to coat evenly. Cover and refrigerate overnight. Remove from refrigerator about 10 minutes prior to frying.

Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

Cook chicken in the hot oil in batches, until golden brown and no longer pink inside.

Chicken Fried Steak with Cream Pork Sausage

Ingredients

4 cups vegetable oil for frying
1 cup all-purpose flour
1 teaspoon salt
1 teaspoon white pepper
1 teaspoon garlic powder
3 eggs
1 clove garlic, minced
1 tablespoon chopped fresh parsley
4 (4 ounce) beef tenderloin fillets, pounded thin

2 links pork sausage
3 tablespoons butter
3 tablespoons all-purpose flour
2 1/2 cups heavy cream
salt and black pepper to taste

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).

In a bowl, stir together 1 cup flour, 1 teaspoon salt, white pepper, and garlic powder. In a separate bowl, beat eggs with garlic and parsley. Dredge each tenderloin fillet in seasoned flour, dip in egg mixture, and dip back into flour mixture. Shake off any excess flour.

Gently place the steaks into the hot oil, 2 at a time, and cook until golden brown on both sides, about 3 minutes per side. Drain on paper towels.

Place the sausages in a small skillet over medium heat, and fry them until very dark brown on all sides, about 10 minutes. Finely chop the sausages, and set aside. In the same skillet, melt butter, and stir in 3 tablespoons of flour. Cook the butter-flour mixture until it turns a pale beige color, about 1 minute, then stir in the sausage, cream, salt, and black pepper. Bring the mixture to a simmer, and cook until thickened, about 5 minutes. Serve sauce over the fried steaks.

Pan Fried Green Beans

Ingredients

1 1/2 pounds fresh green beans,
trimmed and snapped
garlic powder to taste
onion powder to taste
salt and pepper to taste
3 tablespoons olive oil

Directions

In a stainless steel pot over medium-high heat, combine green beans, garlic powder, onion powder, salt and pepper. Cook, covered, until the beans begin to sweat. Remove lid and stir occasionally until beans are tender.

When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

Fried Apple Pies

Ingredients

2 cups all-purpose flour
1/2 cup shortening
1 teaspoon salt
1/2 cup cold water
2 apples
1/3 cup white sugar
1/2 teaspoon ground cinnamon
1 cup vegetable oil

Directions

Peel and dice apples. Add sugar and cinnamon. Cook in a saucepan on low heat. Cook until soft, then mash with fork to form a thick applesauce.

Sift flour and salt together. Cut in the shortening. Add water and mix with fork.

Roll out to about 1/8 inch thick on a floured board. Cut with a large cookie cutter (4 inches in diameter).

In each round, place 1 heaping tablespoon fruit. Moisten edges with cold water, fold and press edge with a fork.

Heat oil in a large skillet on medium-high heat. Fry pies, a few at a time, 2 to 3 minutes on each side; cook until golden brown. Drain on paper towels. Sprinkle with confectioners sugar.

Fried Potatoes

Ingredients

3 cups diced cooked potatoes
1/2 cup diced cooked onion
2 tablespoons butter
salt and pepper to taste

Directions

In a large skillet, cook potatoes and onion in butter over medium heat for 10 minutes or until golden brown. Season with salt and pepper.

Restaurant-Style Fried Chicken

Ingredients

2 eggs, beaten
2/3 cup milk
1 1/2 cups all-purpose flour
1 (.7 ounce) package dry Italian-style salad dressing mix
1 packet dry tomato soup mix
1 (4 pound) whole chicken, cut into pieces
2 tablespoons vegetable oil

Directions

In a small bowl, mix egg beat and milk together. Set aside. In a shallow dish or bowl, mix together the flour, salad dressing mix and soup mix. Dip chicken pieces in egg/milk mixture, then in flour mixture and roll until well-coated.

Heat oil in a large skillet over medium high heat and fry chicken in skillet, turning often, for 25 to 35 minutes or until juices run clear.

Chicken Fried Steak III

Ingredients

2 1/2 cups all-purpose flour,
divided
2 tablespoons salt
1 teaspoon cayenne pepper
3 eggs, lightly beaten
3 pounds beef chuck steaks, well
trimmed
1 cup oil for frying
2 1/2 cups milk
1 teaspoon garlic salt
3/4 teaspoon celery salt
2 tablespoons chili powder
1 cube beef bouillon

Directions

In a shallow bowl, combine 2 cups of the flour, salt and cayenne pepper; set aside. In a bowl, beat together eggs and remaining 1/2 cup flour. Pound steaks flat with a meat mallet. Dredge the steaks first in the flour mixture, then into the egg mixture, then back into the flour mixture.

Heat oil in a large skillet over medium high heat. Fry the coated steaks until golden brown. Remove from skillet, drain, and keep warm.

Pour off all but 1 tablespoon of the oil, then stir in the leftover seasoned flour. Cook over medium heat, stirring constantly, until the flour is browned. Remove from the heat and Stir in milk, garlic salt, celery salt, chili powder and beef bouillon. Return to the heat and bring to a simmer, stirring constantly, until gravy thickens.

Chicken Fried Venison Steaks

Ingredients

2 cups seasoned dry bread crumbs
1/2 cup all-purpose flour
salt and black pepper to taste
2 eggs
2 tablespoons milk
4 (6 ounce) venison loin steaks, pounded to 1/4 inch thick
1/2 cup vegetable oil

Directions

Combine the bread crumbs, flour, salt and pepper in a 1-gallon size plastic zipper bag. Beat the eggs and milk together in a shallow bowl.

Dip each steak in the egg mixture, place it in the plastic bag, and shake to coat with crumbs.

Heat the oil in a skillet over medium heat and fry the steaks, turning once, until both sides are golden brown, about 6 to 8 minutes per side.

Berry Best Fried Pies

Ingredients

1/2 cup sugar
1 tablespoon cornstarch
1/2 cup water
2 cups fresh or frozen blueberries
DOUGH:
2 cups all-purpose flour
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup vegetable oil
1/3 cup buttermilk
cooking oil for frying

Directions

In a saucepan, combine sugar, cornstarch and water; add berries. Cook and stir over medium heat until the mixture comes to a boil. Cook and stir for 2 minutes; set aside to cool.

Combine flour, baking soda and salt. Combine oil and buttermilk; stir into dry ingredients until mixture forms a ball. Roll on a floured surface to 1/8-in. thickness; cut into 4-1/2 in. circles. Place 1 tablespoon blueberry filling on each circle. Fold over; seal edges with fork. In a skillet over medium heat, fry pies in 1/4 to 1/2 in. hot oil until golden brown, about 1-1/2 minutes per side. Drain on paper towels.

Pan Fried Catfish Filets

Ingredients

1 cup cornmeal
2 teaspoons ground cayenne pepper
2 teaspoons paprika
1 teaspoon onion powder
1/3 cup extra virgin olive oil
4 (4 ounce) fillets catfish
1 cup milk
4 cloves garlic, minced

Directions

In a mixing bowl, stir together cornmeal, cayenne pepper, paprika and onion powder. Mix well. Pour mixture onto a large sheet of waxed paper.

Heat oil in a large skillet over medium heat.

Pour milk into a medium bowl. Dip catfish filets into milk and hold up and let the milk drip off. Roll the milk-soaked filet in the cornmeal mixture until completely covered. Set aside.

Fry the garlic in the hot skillet, but do not burn. Add the coated catfish filets and cook for 5 to 7 minutes on each side, sprinkling salt on the fish after each turn. Cook until golden brown and fish flakes easily with a fork. Drain on paper towels.

Fried Chicken Chunks (Chicharrones De Pollo)

Ingredients

1 pound skinless, boneless chicken breast meat - cut into chunks
1/2 cup dark rum
1/2 cup lemon juice
1/2 cup minced garlic
1/4 cup Worcestershire sauce
3 tablespoons garlic powder
1 teaspoon adobo seasoning
1 teaspoon onion powder
1 teaspoon ground black pepper
1 teaspoon ground coriander
2 (.18 ounce) packets sazón with coriander and achiote
3 cups all-purpose flour
4 cups corn oil for frying

Directions

Combine the chicken, rum, lemon juice, garlic, Worcestershire sauce, garlic powder, adobo seasoning, onion powder, pepper, coriander, and sazón seasoning in a bowl; stir. Cover and allow to marinate in refrigerator 4 hours.

Heat the oil in a large pot over medium heat to about 300 degrees F (150 degrees C).

Spread the flour into the bottom of a shallow dish. Coat each piece of marinated chicken with flour.

Fry the coated chicken pieces in the hot oil in small batches until no longer pink in the center and golden brown on the outside, 5 to 10 minutes.

Buttermilk Potato Fried Chicken

Ingredients

1 (3 pound) whole chicken, cut into pieces
2 cups buttermilk
1 cup dry potato flakes
1 cup all-purpose flour
1 teaspoon poultry seasoning
1/2 teaspoon salt
1 teaspoon ground black pepper
1/2 cup vegetable oil

Directions

Rinse chicken pieces and pat dry. In a shallow dish or bowl, pour buttermilk and add chicken pieces. Place in refrigerator and marinate chicken in buttermilk overnight.

When ready to prepare, mix potato flakes, flour, poultry seasoning, salt, and pepper in a medium bowl. Dredge marinated chicken in potato/flour mixture to coat.

In a large skillet, heat oil until hot. Fry chicken slowly over medium heat until golden brown and juices run clear.

German Fried Apples

Ingredients

2 tablespoons butter
1 red onion, chopped
4 tart apples, cored and chopped
salt to taste

Directions

Heat the butter in a skillet over medium heat until the foam subsides. Cook and stir the onion until translucent, about 5 minutes. Add the apples, and cook and stir until the onion and apples are starting to brown and the apples are soft, about 10 more minutes. Sprinkle on salt to taste.

Jodi's Deep-Fried Stuffed Jalapenos

Ingredients

24 pickled jalapeno peppers
1 pound Cheddar cheese
1/2 cup yellow cornmeal
1/2 cup unbleached all-purpose flour
1 teaspoon salt
2 eggs, beaten
4 cups corn oil for frying

Directions

Cut a short slit into each jalapeno pepper. Remove as many seeds as possible. Slice Cheddar cheese into approximately 1/4 inch by 1 inch strips. Stuff each jalapeno with a Cheddar cheese strip.

Place beaten eggs in a small bowl.

In a small dish, mix yellow cornmeal, flour and salt.

One at a time, dip jalapenos in the eggs. Roll in the yellow cornmeal mixture until well coated. Arrange on a metal rack, and allow them to sit approximately 30 minutes.

Heat corn oil in deep-fryer to 375 degrees F (190 degrees C).

In small batches, using a slotted spoon, lower peppers into the heated oil, and fry until crisp and golden brown, about 4 minutes. Drain on paper towels.

Daniel Boone's Favorite Honey-Fried Chicken

Ingredients

2 cups shortening, or as needed
1/3 cup honey
3 tablespoons white vinegar
3/4 cup all-purpose flour
2 teaspoons poultry seasoning
1/4 teaspoon cayenne pepper
(optional)
8 cut up chicken pieces
salt and pepper to taste

Directions

Melt shortening to a depth of 1/2 inch in a large heavy skillet to 350 degrees F (175 degrees C). Whisk together the honey and white vinegar; set aside. Whisk together the flour, poultry seasoning, and cayenne pepper in a bowl.

Season the chicken pieces with salt and black pepper. Roll chicken in the flour mixture to coat evenly; shake off excess. Place the chicken in the preheated skillet, and cook until a light brown crust forms, about 3 minutes per side. Turn the chicken pieces over and brown on the other side.

Reduce heat to low. Cover the skillet; cook until the meat is no longer pink at the bone and the juices run clear, about 20 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Remove the cover, turn up the heat, and continue to cook, turning as needed, until the chicken is evenly browned and crisp, about 5 minutes. Pour off most of the shortening. Pour the honey mixture over the chicken and cook over medium-low heat, turning chicken pieces to coat, until liquid thickens, about 5 minutes.

Garbage Fried Potatoes

Ingredients

2 tablespoons vegetable oil
4 large baking potatoes, peeled
and thinly sliced
1 medium onion, chopped
1 (4 ounce) can sliced
mushrooms, drained
1 red bell pepper, seeded and
chopped
1 green bell pepper, seeded and
chopped
salt and pepper to taste

Directions

Heat the oil in a large skillet over medium heat. Add the potatoes, and cook for about 10 minutes, stirring occasionally, until you think they are about halfway done. Mix in the onion, mushrooms, red pepper, and green pepper. Continue to cook and stir until potatoes are golden brown and somewhat crisp, about 15 more minutes. Season with salt and pepper, and serve.

Sweet Fried Summer Squash

Ingredients

2 yellow squash, cut into 1/4 inch rounds
1/2 cup all-purpose flour
1/2 cup white sugar
1 pinch salt
2 cups shortening, melted

Directions

Allow squash to rest for 5 minutes after cutting to release its moisture. Stir the flour, sugar, and salt together in a shallow bowl. Dredge the squash slices in the flour mixture, shaking off any excess, and set aside until needed.

Melt the shortening in a large skillet over medium-high heat. Arrange the squash in a single layer in the skillet. Cook, turning once, until golden brown, about 5 minutes. Drain on paper towels.

Teary-Eyed Fried Pork Chops

Ingredients

1 cup corn oil for frying
1 cup all-purpose flour
1 teaspoon garlic salt
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
4 (3/4 inch) thick pork chops
1 cup pepper sauce (such as Frank's Red Hot®)

Directions

Heat corn oil in a large heavy skillet over medium-high heat for about 5 minutes, or until a pinch of flour sizzles in it.

In a shallow dish, stir together the flour, garlic salt, pepper, and cayenne. Dredge pork chops in this mixture, then place in the hot oil. Cook for about 5 minutes per side, or until golden brown and crispy. Remove from the pan, and drain on paper towels.

Pour the hot sauce into a shallow dish. Dip pork chops one at a time into the hot sauce, so they are nicely coated. You will have teary-eyed pork chops at your fingertips.

Duck Fried Rice

Ingredients

1 cup chopped Chinese roast duck meat, skin and fat separated and set aside
1/2 cup thinly sliced Chinese barbecued pork
6 green onions, thinly sliced
2 tablespoons soy sauce
2 eggs, beaten
3 cups cooked long-grain rice
salt and pepper to taste

Directions

Cook the duck skin and fat in a wok or large skillet over medium heat until the skin is crispy, and the fat has rendered, about 10 minutes. Increase heat to medium-high, and stir in the duck meat, pork, half of the green onions, and the soy sauce. Cook and stir until the meats are heated through, about 5 minutes.

Add rice and toss together until rice is hot and sizzling, about 5 minutes. Make a wide well in the middle of the rice, exposing the bottom of the pan. Pour in the beaten eggs and stir until the eggs have scrambled. Then stir the scrambled eggs into the rice along with the rest of the green onions. Toss and stir until the rice is very hot, about 5 minutes. Season to taste with salt and pepper before serving.

Country Style Fried Potatoes

Ingredients

1/3 cup shortening
6 large potatoes, peeled and cubed
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder
1/2 teaspoon paprika

Directions

In a large cast iron skillet, heat shortening over medium-high heat. Add potatoes and cook, stirring occasionally, until potatoes are golden brown. Season with salt, pepper, garlic powder and paprika. Serve hot.

Kelli's Fried Green Zucchini

Ingredients

1/2 cup seasoned bread crumbs
1/2 cup grated Parmesan cheese
1 teaspoon garlic salt
2 eggs
5 tablespoons olive oil
1 zucchini, cut into 1/4-inch slices
1 cup shredded mozzarella cheese
1 cup prepared spaghetti sauce, heated

Directions

Mix together the seasoned bread crumbs, grated Parmesan cheese, and garlic salt in a shallow bowl. Beat the eggs in a second shallow bowl.

Heat the olive oil in a large skillet over medium heat until the oil is rippling, but not smoking.

Dip the zucchini slices into the beaten egg, then into the crumbs, and place in the skillet in a single layer. Fry the zucchini slices until golden brown, about 3 minutes, then flip them over and fry until the slices are cooked through and golden brown on the other side. Sprinkle the mozzarella cheese over the slices, and cook the slices 1 to 2 more minutes to allow the cheese to melt.

To serve, spoon hot spaghetti sauce onto plates, and top with fried zucchini slices and melted cheese.

Manteca Fried Carnitas

Ingredients

1 gallon lard for frying (manteca)
5 pounds boneless pork shoulder,
cut into 1 1/2-inch cubes
6 bay leaves
2 tablespoons kosher salt
1 1/2 teaspoons coarse ground
black pepper
2 large onions, quartered
3 whole garlic cloves
1 large orange, halved

Directions

Heat the lard in a deep roasting pan over medium heat. Stir in the pork, bay leaves, salt, pepper, onions, and garlic. Squeeze the orange into the mixture and drop in the orange halves. Add more lard if needed to cover all of the ingredients.

Cook until the pork is tender enough to pull apart with a fork, 45 minutes to 1 hour. Discard the orange, onion, and garlic; strain the pork cubes from the lard using a slotted spoon.

Pan Fried Halibut Steak with Light Green Sauce

Ingredients

4 (8 ounce) halibut steaks
salt and pepper to taste
1/2 cup all-purpose flour for
dusting
1/4 cup melted butter
1/4 cup dry white wine
1 lemon, juiced
1/2 cup heavy cream
2 tablespoons finely chopped
fresh parsley
4 tablespoons finely chopped
fresh basil
2 tablespoons drained capers

Directions

Rinse the halibut steaks and pat dry. Season with salt and pepper, then dust with flour.

Melt the butter in a large skillet over medium-high heat. Fry the halibut steaks in the butter for 4 to 5 minutes, until nicely browned. Remove from the skillet and keep warm.

Reduce the heat to medium, and stir the wine into the pan, scraping up any browned bits stuck to the bottom. Mix in the lemon juice, then stir in the cream. Simmer for 2 to 3 minutes or until it starts to thicken. Season with parsley, basil and capers, and stir for another minute. Serve halibut with sauce spooned over it. Garnish with additional parsley if desired.

Emily's Famous Fried Potatoes

Ingredients

6 medium red potatoes, diced
2 tablespoons light olive oil
1/2 red onion, chopped
4 cloves garlic, minced
1 tablespoon chopped fresh basil
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh oregano
1 bunch fresh spinach, rinsed and stems removed
2 tablespoons red wine vinegar
salt and ground black pepper to taste

Directions

Place potatoes in a large saucepan over medium heat, and cover with water. Bring to a boil, and cook until tender. Drain, and set aside.

Heat oil in a large, heavy skillet over medium heat. Saute the onion and garlic with the basil, rosemary, and oregano until the onion is just tender. Throw in the potatoes, and fry until lightly browned. Cover with spinach, and sprinkle with vinegar. Cover, and cook on low until the spinach is tender.

Remove from heat, and stir the mixture together. Season with salt and pepper.

Country Fried Chicken

Ingredients

1/3 cup all-purpose flour
1 teaspoon garlic salt
1 teaspoon pepper
1/2 teaspoon paprika
1/4 teaspoon poultry seasoning
1 egg, beaten
1/4 cup 2% milk
2 chicken thighs
2 chicken drumsticks
canola oil

Directions

In a large resealable plastic bag, combine the first five ingredients. In a shallow bowl, beat the egg and milk. Add chicken to bag, a few pieces at a time, and shake to coat. Dip into egg mixture, then return to flour mixture and shake again. Remove from bag and let stand for 5 minutes.

Heat about 1 in. of oil in a large skillet. Fry chicken until golden brown on all sides. Reduce heat to medium and cook until a meat thermometer reads 180°deg, about 15 minutes.

Fried Zucchini

Ingredients

3 zucchini
1/4 cup yellow cornmeal
2 tablespoons olive oil
salt and pepper to taste

Directions

Wash and dry the zucchini. Trim off ends, then slice zucchini into 1/8 inch thick rounds. Place cornmeal in a medium bowl, and toss in zucchini slices, mixing thoroughly to coat.

Heat oil in a large nonstick skillet over medium heat. Place all of the zucchini pieces into the hot oil and fry over medium heat. Sprinkle with salt and pepper. Watch zucchini closely, adding more oil if it begins to brown too quickly. When it is golden brown on one side, flip it over to brown on other side. It will clump together as it cooks, that is what you want.

When zucchini is evenly browned, turn heat down to low and cover pan with a lid. Allow it to steam until zucchini is slightly tender. Turn zucchini, replace lid, and steam until soft. Remove lid and turn heat back up to medium-high. Fry on both sides until crisp. Serve hot.

Wonderful Fried Fish Tacos

Ingredients

1 cup dark beer
1 cup all-purpose flour
1/2 teaspoon salt
1 1/2 pounds cod fillets, cubed
1 quart vegetable oil for frying
20 (6 inch) corn tortillas
5 cups shredded cabbage
1 cup mayonnaise
1/4 cup salsa
1 lime, cut into wedges

Directions

In a shallow bowl, whisk together beer, flour, and salt.

Rinse fish, and pat dry. Cut into 10 equal pieces.

In a large saucepan, heat 1 inch oil to 360 degrees F (168 degrees C). Using a fork, coat fish pieces in batter. Slide coated fish into hot oil in batches; adjust heat to maintain oil temperature. Fry until golden, about 2 minutes. Lift out with a slotted spoon, and drain briefly on paper towels; keep warm. Repeat to fry remaining fish.

Stack 2 tortillas. Place a piece of fish and 1/2 cup cabbage in the center of the tortillas. Garnish with mayonnaise, lime wedges and salsa

Stir-Fried Shrimp with Snow Peas and Ginger

Ingredients

1 tablespoon salt
2 cups cold water
1 pound shrimp, peeled and deveined
1/3 cup chicken broth
2 teaspoons rice wine
1 1/2 teaspoons soy sauce
1 1/2 teaspoons cornstarch
3/4 teaspoon sugar
1/8 teaspoon ground white pepper
1 tablespoon vegetable oil
2 tablespoons minced garlic
1 teaspoon minced fresh ginger root
2 teaspoons vegetable oil
6 ounces snow peas, strings removed
2 tablespoons chopped fresh chives
1/4 teaspoon salt

Directions

In a large bowl, stir salt into water until dissolved. Add shrimp, and set aside 5 minutes. Rinse shrimps, and dry on paper towels.

In a small bowl, mix together broth, rice wine, soy sauce, cornstarch, sugar, and pepper. Set aside.

Heat 1 tablespoon oil in a large skillet or wok over high heat. Cook shrimp, turning constantly, until pink on all sides, about 1 minute. Stir in garlic, ginger, and 2 teaspoons oil. Stir in snow peas, chives, and 1/4 teaspoon salt; stir-fry 1 minute more.

Stir broth mixture into skillet, and continue cooking until sauce thickens. Serve immediately.

Fried Chicken Tenders

Ingredients

1 cup all-purpose flour
2 cups Italian-style seasoned bread crumbs
1/2 teaspoon ground black pepper
1/2 teaspoon cayenne pepper
2 eggs, beaten
2 tablespoons water
24 chicken tenderloins
2 quarts oil for frying
1 cup mayonnaise
3 tablespoons prepared horseradish
1/2 cup sour cream
1 dash Worcestershire sauce
3 tablespoons prepared mustard

Directions

Place flour in a shallow bowl. Place breadcrumbs in a separate shallow bowl, and mix with ground black pepper and cayenne pepper. Place eggs and water in a small bowl.

One piece at a time, coat the chicken in the flour, the eggs and the bread crumbs, and set aside.

Heat oil in a deep fryer to 375 degrees F (190 degrees C).

In small batches, fry chicken 6 to 8 minutes, or until golden brown. Remove chicken, and drain on paper towels.

In a separate small bowl, combine the mayonnaise, horseradish, sour cream, Worcestershire sauce and mustard. Mix well, and serve with the chicken for dipping.

American Lite Fried Rice

Ingredients

1 cup dry jasmine rice
3 tablespoons vegetable oil
2 cloves garlic, chopped
2 cups broccoli florets
1 cup cauliflower florets
5 green onions, chopped
1 (10 ounce) package shredded carrots
3 cups shredded cabbage
1 (8 ounce) can water chestnuts, drained
1/4 cup soy sauce, or to taste
1/4 cup water as needed
chili sauce (optional)

Directions

In a medium saucepan, bring 2 cups of water to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes.

Heat vegetable oil in a large skillet over medium heat. Cook garlic and rice in oil for about 2 minutes, stirring frequently to avoid burning the garlic. Add broccoli and cauliflower florets and cook, stirring occasionally, for 3 to 5 minutes. Toss green onions, carrots, cabbage, and water chestnuts into the pan, and cook another 5 minutes, or until vegetables are tender. Add additional water as needed to keep vegetables moist. Drizzle with soy sauce, and toss to coat.

Country Fried Squash

Ingredients

6 pounds butternut squash -
peeled, seeded and sliced
1 egg, beaten
1/2 cup milk
1/2 cup all-purpose flour
1/2 cup cornmeal
1 pinch salt
1 pinch ground black pepper
1 pinch garlic salt
1 cup oil for frying

Directions

Combine egg and milk together in a small bowl, mix well.

In a second bowl, combine flour, cornmeal, salt, pepper and garlic salt. Dip squash slices first in the egg mixture, then dredge the squash in the dry mixture.

Heat 1/2 inch of oil in a deep skillet over medium heat. Fry squash until golden brown.

Fried Banana Dessert

Ingredients

1/2 cup semi-sweet chocolate chips
1/3 cup whipping cream
1/2 teaspoon vanilla extract
1/2 cup Cointreau or triple sec
1 tablespoon butter
6 bananas, peeled and halved lengthwise
1 cup toasted sliced almonds

Directions

Place chocolate chips, cream, and vanilla extract into a small saucepan. Stir over medium-low heat until the chocolate chips have melted. Stir in the Cointreau and set aside.

Melt butter in a large skillet over medium-high heat. Add bananas, cut-side down, and cook until golden brown, 3 to 4 minutes. Turn bananas over, and continue cooking until golden brown on the other side, 3 to 4 minutes more.

To serve, ladle some of the sauce onto the center of 6 plates. Place two banana halves onto each plate, and sprinkle with toasted almonds.

Caribbean Stir-Fried Shrimp

Ingredients

2 teaspoons vegetable oil, divided
1 medium onion, coarsely chopped
1 (20 ounce) can pineapple chunks in juice, drained, and patted dry
1 pound frozen, large shrimp, thawed, peeled and cleaned
1 clove garlic, minced
1 pinch crushed red pepper flakes (optional)
1 (14.5 ounce) can diced tomatoes, drained
1/4 cup canned, diced mild green chilies
1 teaspoon soy sauce
3 cups hot cooked rice (optional)

Directions

Heat a large skillet or wok over medium-high heat. Add half the oil and heat until smoking, about 10 seconds. Add the onion and stir-fry until lightly browned, about 1 minute. Add the pineapple and stir fry gently until pineapple browns lightly, about 1 minute. Remove pineapple to a bowl and set aside.

Add remaining oil to the pan. Add shrimp and stir-fry until opaque, about 1 minute. Add garlic and red pepper, if desired, and stir fry for 10 seconds.

Add the tomatoes, chilies, and reserved pineapple and stir fry until heated through, about

1 minute. Stir in soy sauce and serve over rice, if desired.

Fried Rice with Chicken

Ingredients

3 bacon strips, diced
1/2 pound skinless, boneless
chicken breast halves - cubed
1 medium carrot, chopped
1 celery rib, chopped
2 eggs, beaten
1 1/2 cups cooked rice
2 tablespoons soy sauce

Directions

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels. In the drippings, saute the chicken, carrots and celery until chicken juices run clear; remove and keep warm. In the same skillet, scramble eggs over medium heat, breaking into small pieces. Stir in the chicken mixture, rice, soy sauce and bacon.

Dad's Pan-Fried Green Beans

Ingredients

1 pound fresh green beans,
trimmed
3 tablespoons light soy sauce
1 tablespoon balsamic vinegar
1 teaspoon white sugar
2 tablespoons sesame oil
2 teaspoons minced garlic

Directions

Place the green beans in a large saucepan or pot with one inch of water. You may place them in a steamer insert if you have one. Bring to a boil, cover and cook for 5 minutes, they should still be firm and bright green.

In a small bowl, stir together the soy sauce, balsamic vinegar and sugar; set aside.

Heat the sesame oil in a large skillet over medium heat. Add garlic and cook until starting to brown. Add the green beans and stir to coat with the oil. Stir in the soy sauce mixture and simmer for a couple of minutes uncovered to reduce the sauce. Transfer the beans to a serving dish and pour the sauce over them.

Stir-Fried Beef on Lettuce

Ingredients

1/3 cup reduced-sodium soy sauce
1/3 cup white wine or chicken broth
1 pound boneless beef sirloin steak, cut into 1/8-inch-thick strips
1 teaspoon cornstarch
1/2 pound fresh mushrooms, sliced
2 cups fresh snow peas
4 teaspoons canola oil, divided
4 cups shredded lettuce

Directions

In a small bowl, combine the soy sauce and wine or broth. Reserve 1/4 cup. Place beef in a resealable plastic bag. Add remaining soy sauce mixture; seal and mix. Refrigerate for 15 minutes. Place cornstarch in a small bowl. stir in reserved soy sauce mixture until smooth; set aside.

In a nonstick skillet, stir-fry mushrooms and snow peas in 2 teaspoons hot oil for 3-4 minutes or until snow peas are crisp-tender. Remove and keep warm. Drain and discard marinade from beef. In the same skillet, stir-fry beef in remaining oil for 2 minutes. Stir cornstarch mixture; add to skillet. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened. Place lettuce on four serving plates. Top with beef mixture and snow pea mixture.

Beer Battered Fried Vegetables

Ingredients

2 cups all-purpose flour
1 1/2 cups beer
2 eggs
1 cup milk
salt and pepper to taste
2 cups vegetable oil for frying
1 carrot, cut into thick strips
1 onion, sliced into rings
6 fresh mushrooms, stems removed
1 green bell pepper, sliced in rings

Directions

In a medium bowl, mix together 1 1/2 cup flour and beer with a wooden spoon; let stand for at least 3 hours at room temperature.

Mix eggs and milk in a small bowl. In a separate bowl mix together 1/2 cup flour and salt and pepper.

Heat oil to 375 degrees F (190 degrees C).

Dip each vegetable in the egg and milk mixture. Next dip the vegetable into the flour and seasoning mixture, finally dip the vegetable in the beer and flour mixture. Place the vegetables into the oil and fry until golden brown,

Fried Cookies

Ingredients

2 eggs
1/4 cup white sugar
2 1/2 tablespoons shortening
2 1/2 tablespoons brandy
2 teaspoons anise seed (optional)
1/4 teaspoon salt
2 cups all-purpose flour
1 cup vegetable oil for frying
1/3 cup confectioners' sugar for decoration

Directions

In a large bowl beat together eggs and sugar until thick and light colored. Then beat in shortening, brandy, anise seeds (optional) and salt. Beat in flour gradually.

On a floured surface, knead dough into a smooth ball. Divide ball into two equal pieces, wrap in waxed paper and chill in refrigerator for at least two hours.

Roll one piece of dough into a rectangle approximately 12 x 15 inches. (The other piece of dough should be left in refrigerator until ready to be rolled.) Using pastry wheel, cut dough into strips 6 x 1 inch.

Make a vertical slit in top 1/3 of the strip and draw the bottom end of it through OR tie a knot in the center. Repeat with remaining dough and set aside.

Heat oil in a deep frying pan to 360 degrees F (185 degrees C). Deep fry strips until golden brown. Drain on paper towels, cool, and sprinkle heavily with confectioners' sugar.

Fried Pork Chop

Ingredients

1 cup vegetable oil for frying
1/2 cup all-purpose flour
1/2 teaspoon seasoning salt, or to taste
salt and pepper to taste
4 (3/4 inch) thick pork chops

Directions

Heat oil in a large skillet over medium-high heat. Combine flour, seasoning salt, salt and pepper in a paper or plastic bag. Place pork chops into the bag, and shake to coat.

When the oil is nice and hot, shake off excess flour from pork chops, and fry in the hot oil. Cook on each side for about 4 to 5 minutes, or until golden on the outside, and juices run clear.

House Fried Rice

Ingredients

- 1 1/2 cups uncooked white rice
- 3 tablespoons sesame oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 cup small shrimp - peeled and deveined
- 1/2 cup diced ham
- 1 cup chopped cooked chicken breast
- 2 stalks celery, chopped
- 2 carrots - peeled and diced
- 1 green bell pepper, chopped
- 1/2 cup green peas
- 1 egg, beaten
- 1/4 cup soy sauce

Directions

Cook rice according to package directions. While rice is cooking, heat a wok or large skillet over medium-high heat. Pour in sesame oil and stir in onion. Fry until golden, then add garlic. When garlic is lightly browned, mix in shrimp, ham, and chicken. Fry until shrimp is pink.

Lower heat to medium and stir in celery, carrot, green pepper, and peas. Fry until vegetables are crisp-tender. Stir in beaten egg and cook just until egg is scrambled and firm.

When rice is done, mix thoroughly with vegetables and stir in soy sauce. Adjust seasoning to your preference and serve immediately.

Pan-fried Steak with Marsala Sauce

Ingredients

2 pounds beef chuck steaks, well trimmed
salt and pepper to taste
2 cloves garlic, crushed
1/2 cup Marsala wine
1/2 cup chicken broth
3 tablespoons butter
1/4 teaspoon dried rosemary, crushed

Directions

Heat a large, heavy skillet over high heat for 2 minutes, or until very hot. Season steaks with salt and pepper to taste.

Place steaks in hot skillet and immediately turn down the heat to medium high. Cook for 4 minutes. Turn steaks and cook for an additional 4 to 6 minutes, depending on your tastes. Remove steaks from skillet to a platter and cover with aluminum foil to keep warm.

Remove skillet from heat. Quickly saute the garlic for 1 to 2 minutes in the skillet using residual heat. Return skillet to medium low heat and add Marsala and chicken broth. Bring to a boil and reduce for 3 minutes.

Remove pan from heat and whisk in butter and rosemary. Serve sauce over steaks.

Puerto Rican Tostones (Fried Plantains)

Ingredients

5 tablespoons oil for frying
1 plantains, peeled and broken
into chunks
3 cups cold water
salt to taste

Directions

Heat the oil in a large skillet. Place the plantains in the oil and fry on both sides; approximately 3 1/2 minutes per side.

Remove the plantains from the pan and flatten the plantains by placing a plate over the fried plantains and pressing down.

Dip the plantains in water, then return them to the hot oil and fry 1 minute on each side. Salt to taste and serve immediately.

Frieda's Molasses Cookies

Ingredients

1 cup sugar
1 cup shortening
1 cup light molasses or sorghum
1/3 cup boiling water
1 tablespoon vinegar
5 cups all-purpose flour
2 teaspoons baking soda
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/4 teaspoon salt

Directions

In a large bowl, cream sugar and shortening. Add molasses, water and vinegar. Combine flour, baking soda, ginger, cinnamon and salt; beat into creamed mixture. Cover and chill for 3 hours. On a lightly floured surface, roll dough to 1/4-in. thickness. Cut with a 2-1/2-in cutter, drinking glass or decorative cutter dipped in flour. Place on greased baking sheets. Bake at 375 degrees F for 8 minutes or until edges are lightly browned. Do not overbake.

Fried Fruit Pies

Ingredients

12 ounces dried apricots
1/2 cup white sugar
1 tablespoon butter
1/2 teaspoon ground cinnamon
1 (15 ounce) package frozen
prepared pie crusts, thawed
1/2 cup vegetable oil
1 tablespoon confectioners' sugar

Directions

Place apricots in a saucepan, and add water to cover. Bring to a boil. Reduce heat to low; simmer for 30 minutes, or until tender. Drain, reserving 5 tablespoons liquid.

Place apricots and reserved liquid in a food processor container fitted with steel blade. Process until smooth. Add sugar, butter or margarine, and cinnamon, process until blended.

Roll 1 crust on lightly floured surface to a 15 inch circle. Cut into six 4 inch squares. Place 1 tablespoon apricot mixture in the center of each square. Fold each square in half to form a triangle. Press fork dipped in flour onto edges to seal, and poke tops to permit steam to escape. Repeat with remaining crust and apricot mixture.

Heat oil in a large skillet on medium-high heat. Cook triangles, a few at a time, 2 to 3 minutes on each side; cook until golden brown. Drain on paper towels. Sprinkle with confectioners sugar.

Stir-Fried Kale and Broccoli Florets

Ingredients

1/8 cup extra virgin olive oil
7 cloves garlic, sliced
1 chile pepper, chopped (optional)
1 head fresh broccoli, chopped
1 bunch kale, stems removed and chopped
1/4 cup sun-dried tomatoes, cut in thin strips
juice of 2 limes
salt

Directions

Heat olive oil in a large wok or skillet over high heat. Stir in garlic and chile pepper; cook for 2 minutes, stirring frequently. Stir in broccoli; cook 1 minute. Add kale, and cook 2 minutes, stirring frequently. Stir in sun-dried tomatoes. Pour in lime juice, and season with salt to taste. Toss well.

Better Than Best Fried Chicken

Ingredients

4 skinless, boneless chicken breast halves
1 (10.75 ounce) can condensed cream of chicken soup
1 egg
seasoning salt to taste
1/2 cup all-purpose flour
1/2 cup cornstarch
1/2 teaspoon garlic powder
1/2 teaspoon paprika
salt and pepper to taste
oil for frying

Directions

In a shallow dish or bowl combine the soup, egg and seasoning salt (be careful, as soup is already salted); mix together. Dip chicken in mixture and turn to coat completely. Set aside.

In a resealable plastic bag mix together the flour, cornstarch, garlic powder, paprika, salt and pepper. One at a time, place chicken pieces in bag, seal and shake to coat. Add more flour and/or cornstarch as necessary, but add them in equal parts (there should be an equal amount of each in the mixture).

Place coated chicken on a platter and allow to sit until it becomes doughy (this is critical, to ensure crispiness when fried). Heat oil in a deep skillet over medium heat; be sure to use enough oil to cover chicken pieces. Once chicken is doughy, test oil by dropping a piece of the 'dough' into it; the oil is ready when it starts to fry immediately.

Fry chicken pieces in oil for about 7 to 10 minutes each, or until cooked through and juices run clear. Drain on paper towels and serve.

Fried Rice I

Ingredients

1 1/3 cups uncooked white rice
1 2/3 cups water
3 eggs, lightly beaten
1/4 teaspoon salt
1/8 teaspoon ground black pepper
3 teaspoons vegetable oil, divided
1/4 pound bacon, cut into strips
1/8 cup soy sauce
1 (10 ounce) package frozen green peas, thawed
2 green onions, chopped

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Meanwhile, season eggs with salt and pepper.

Heat 1 teaspoon oil in small frying pan, pour in eggs. Coat the bottom of the pan with the eggs, in order to cook them evenly; cook for about 3 minutes. Flip the eggs, cook one minute more and remove them to a cool surface. Let them cool, then cut them into thin slices. Set aside.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

Spoon remaining 2 teaspoons oil into the skillet with the bacon fat. Stir in rice; break up any clumps and toss to coat with oil. Stir in bacon, soy sauce, peas, eggs and green onions. Stir and cook until heated through, approximately 3 minutes.

Thai Fried Chicken

Ingredients

1/2 cup honey mustard
1/2 cup sweet chili sauce
2 eggs, beaten
sea salt to taste
12 chicken drumsticks
4 cups panko bread crumbs
4 cups vegetable oil for frying

Directions

Whisk together the honey mustard, chili sauce, eggs, and sea salt in a bowl. Place the chicken drumsticks in a large, sealable plastic bag; pour the marinade over the chicken and seal the bag. Allow to chill in refrigerator at least 4 hours.

Preheat an oven to 350 degrees F (175 degrees C).

Place the bread crumbs in the bottom of a wide dish; dredge the marinated chicken in the bread crumbs to coat. Heat the vegetable oil in a large, deep pan over medium-high heat. Gently lie the breaded chicken into the hot oil until golden brown, 5 to 7 minutes, turning once if needed to get even coloring; transfer to a baking sheet.

Cook the chicken legs in the preheated oven until no longer pink at the bone and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Curry Pineapple Fried Rice

Ingredients

1 1/2 cups uncooked white rice
3 cups water
1 tablespoon curry powder
2 tablespoons Asian fish sauce
2 tablespoons pineapple juice
1 tablespoon vegetable oil
1 pound boneless chicken meat,
cubed
1 onion, sliced
1 (20 ounce) can pineapple
chunks, drained

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Set the cooked rice aside. Mix together curry powder, fish sauce, and pineapple juice in a small bowl.

Heat the vegetable oil in a large skillet or wok over medium-high heat until the oil shimmers, and cook and stir the chicken and onion until the chicken is no longer pink and the onions are translucent, about 5 minutes. Stir in the cooked rice, pineapple chunks, and curry mixture, and cook and stir until the fried rice is hot, 5 to 10 minutes.

Easy Mexican Fried Chicken

Ingredients

4 skinless, boneless chicken breast halves
1 quart buttermilk
2 (1.25 ounce) packages taco seasoning mix
3 tablespoons olive oil
1 1/2 cups all-purpose flour

Directions

In a resealable plastic bag combine the chicken, buttermilk and 1 packet of taco seasoning. Seal and shake to mix together. Refrigerate and let marinate overnight.

In a large skillet, heat the olive oil over medium low heat. Mix flour and the other packet of taco seasoning in a shallow dish or plate. Remove chicken from refrigerator and remove chicken from marinade. Discard marinade.

Coat chicken with flour mixture and fry in skillet until cooked through and juices run clear, 15 to 20 minutes.

Beef Fried Rice

Ingredients

3 eggs
Dash pepper
3 tablespoons vegetable oil
1 pound ground beef, cooked and drained
2 cups cooked long-grain rice
2 small onions, chopped
3 tablespoons soy sauce
1 teaspoon sugar

Directions

In a bowl, beat eggs and pepper. In a skillet, heat oil. Add eggs. Cook until partially set. Lift the edges, letting the uncooked egg flow underneath. When eggs are completely set but still moist, remove from skillet. Cut into strips; return to pan. Add remaining ingredients; mix well. Gently cook and stir for 5 minutes or until heated through.

Crispy Fried Chicken

Ingredients

1 1/2 cups all-purpose flour
1/2 cup cornmeal
1/4 cup cornstarch
3 teaspoons salt
2 teaspoons paprika
1 teaspoon dried oregano
1 teaspoon rubbed sage
1 teaspoon pepper
2 eggs
1/4 cup water
2 broiler/fryer chickens (3 to 4 pounds), cut up
vegetable oil for frying

Directions

In a large resealable plastic bag, combine the flour, cornmeal, cornstarch, salt, paprika, oregano, sage and pepper. In a shallow bowl, beat eggs and water. Dip chicken in egg mixture; place in the bag, a few pieces at a time, and shake until coated.

In an electric skillet, heat 1 in. of oil to 375 degrees F. Fry chicken, a few pieces at a time, for 3-5 minutes on each side or until golden and crispy.

Place in two ungreased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 350 degrees F for 25-30 minutes or until chicken is tender and juices run clear.

Baked Fried Eggplant

Ingredients

- 1 eggplant
- 1 egg, beaten
- 1 (8 ounce) container sour cream
- 2 cups Italian seasoned bread crumbs
- 3 tablespoons all-purpose flour

Directions

Preheat oven to 325 degrees F (165 degrees C). Grease a cookie sheet.

Wash eggplant and slice into 1/4 to 1/2 inch slices. In a medium bowl, stir together the egg and sour cream until well blended. Toss the eggplant slices with the flour to coat. Dip one slice at a time into the batter then coat with the seasoned bread crumbs. Place coated eggplant onto the prepared cookie sheet and spray the tops with cooking spray.

Bake in the preheated oven for 15 minutes, then turn the slices over and continue to cook for an additional 15 to 20 minutes, or until both sides are brown and crisp.

Southern Fried Green Beans

Ingredients

5 slices bacon, diced
2 (15 ounce) cans green beans,
drained
1 tablespoon white sugar
salt and pepper to taste

Directions

Place the bacon in a skillet; cook over medium-high heat, turning occasionally, until evenly browned and crisp. Mix the sugar and green beans into the bacon. Cook over medium-high heat until green beans become soft and limp and start to caramelize.

Deep Fried Turkey Rub

Ingredients

25 bay leaves, crushed
3 1/2 teaspoons dried thyme
3 1/2 teaspoons dried oregano
1 1/2 teaspoons freshly ground pepper
2 teaspoons garlic powder
3 tablespoons Creole seasoning

Directions

In a small bowl, mix together the bay leaves, thyme, oregano, pepper, garlic powder and Creole seasoning. Rub onto a turkey and refrigerate for 24 hours before frying according to your favorite recipe.

Vegetable Lovers' Fried Rice

Ingredients

1 1/2 cups uncooked long-grain white rice
3 cups water
2 tablespoons vegetable oil, divided
1/3 cup chopped onion
1 clove garlic, peeled and minced
5 eggs, beaten
1/4 cup soy sauce, divided
2 stalks celery, thinly sliced
4 ounces mushrooms, sliced
1 green bell pepper, chopped
1 (8 ounce) can bamboo shoots, drained
2 carrots, shredded
3/4 cup snow peas
3 green onions, sliced

Directions

Place rice and water in a medium saucepan, and bring to a boil. Reduce heat, cover, and simmer 20 minutes, or until rice is tender. Transfer to a medium container, and place in the refrigerator 1 hour, or until chilled.

Heat 1 tablespoon oil in a medium skillet over medium heat. Stir in the onion and garlic, and cook until tender.

In a medium bowl, blend eggs and 1 tablespoon soy sauce. Stir into the medium skillet, and cook until no longer runny. Remove onion, garlic, and eggs from heat, and set aside. Chop any large egg chunks into small pieces.

Heat the remaining oil in a large, heavy skillet over medium heat. Stir in the celery, mushrooms, and green pepper. Cook until tender but firm. Stir in rice, bamboo shoots, carrots, and snow peas. Season with remaining soy sauce. Cook and stir 5 minutes, or until rice is heated through. Mix in the onion, garlic, and eggs.

Triple Dipped Fried Chicken

Ingredients

3 cups all-purpose flour
1 1/2 tablespoons garlic salt
1 tablespoon ground black pepper
1 tablespoon paprika
1/2 teaspoon poultry seasoning

1 1/3 cups all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper

2 egg yolks, beaten
1 1/2 cups beer or water

1 quart vegetable oil for frying
1 (3 pound) whole chicken, cut into pieces

Directions

In one medium bowl, mix together 3 cups of flour, garlic salt, 1 tablespoon black pepper, paprika and poultry seasoning. In a separate bowl, stir together 1 1/3 cups flour, salt, 1/4 teaspoon pepper, egg yolks and beer. You may need to thin with additional beer if the batter is too thick.

Heat the oil in a deep-fryer to 350 degrees F (175 degrees C). Moisten each piece of chicken with a little water, then dip in the dry mix. Shake off excess and dip in the wet mix, then dip in the dry mix once more.

Carefully place the chicken pieces in the hot oil. Fry for 15 to 18 minutes, or until well browned. Smaller pieces will not take as long. Large pieces may take longer. Remove and drain on paper towels before serving.

Deep Fried Oysters

Ingredients

2 quarts vegetable oil for deep frying
1/2 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
12 ounces shucked oysters, drained
2 eggs, lightly beaten
3/4 cup fine bread crumbs

Directions

Heat deep fryer to 375 degrees F (190 degrees C).

Combine flour, salt and black pepper. Dredge oysters in flour mixture, dip in egg and roll in bread crumbs.

Carefully slide oysters into hot oil. Cook five at a time until golden brown, about 2 minutes. Drain briefly on paper towels. Serve hot.

Pan-Fried Asparagus

Ingredients

1/4 cup butter
2 tablespoons olive oil
1 teaspoon coarse salt
1/4 teaspoon ground black pepper
3 cloves garlic, minced
1 pound fresh asparagus spears, trimmed

Directions

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, and cook for 10 minutes, turning asparagus to ensure even cooking.

Stir-Fried Shrimp and Mushrooms

Ingredients

4 garlic cloves, minced
2 teaspoons vegetable oil
1 pound uncooked medium shrimp, peeled and deveined
3 cups sliced fresh mushrooms
1 cup sliced green onions
1/4 cup chicken broth
Hot cooked rice
Lemon slices

Directions

In a large skillet or wok, saute garlic in oil for 1 minute. Add the shrimp, mushrooms and onions; stir-fry for 1 minute. Stir in the broth; cook 2 minutes longer or until shrimp turn pink. Serve over rice; garnish with lemon.

Indiana-Style Fried Cabbage

Ingredients

1/2 pound bacon, diced
3 tablespoons butter
1 small head cabbage, chopped
1 cup chopped celery
1 green bell pepper, chopped
salt and pepper to taste
1 (4.5 ounce) can mushrooms,
with liquid
1 onion, chopped

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until crisp. Stir in butter, cabbage, celery, green pepper, salt, pepper, mushrooms and onions. Cover skillet and steam for 15 to 20 minutes. Stir several times during the course of steaming.

Fried Bass

Ingredients

1 cup peanut oil for frying, or as needed
3 eggs
1 tablespoon water
3 (6 ounce) fillets striped bass fillets, skinned
1 teaspoon Cajun seasoning
1 teaspoon lemon pepper
1/2 cup flour
1 (1 ounce) package salt-and-vinegar potato chips, crushed
1 lemon, cut into wedges

Directions

Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Whisk eggs and water together in a bowl; set the egg wash aside.

Sprinkle the bass fillets on both sides with Cajun seasoning and lemon pepper. Dredge the fillets in flour, and shake off any excess. Dip the fillets in the egg wash, then dip fillets in the crushed potato chips.

Fry the fish in the preheated skillet until lightly browned, about 4 minutes per side. Serve with lemon wedges.

Shawna's Southern Fried Chicken Salad

Ingredients

1/2 cup yellow cornmeal
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon cayenne pepper
1/2 cup buttermilk
2/3 cup vegetable oil
1 pound skinless, boneless chicken breast halves
2 cups cooked white rice
1/4 cup chopped red bell pepper
1/4 cup chopped green bell pepper
1/4 cup chopped red onion
1/2 head romaine lettuce - rinsed, dried and shredded
5 slices bacon
3 tablespoons apple cider vinegar
1 tablespoon honey
1/2 teaspoon Dijon mustard
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

In a large bowl, sift together the cornmeal, flour, salt, black pepper and red pepper.

Pour buttermilk in a separate large bowl.

Heat the oil in a large, deep skillet over medium-high heat.

Dip the chicken in the buttermilk, then in cornmeal mixture. Coat lightly and cook in hot oil until crispy and golden brown, about 5 minutes. Drain on paper towels; keep warm.

Combine the rice, red bell peppers, green bell peppers, onion, and chicken in medium bowl. Place lettuce on bottom of 4 servings bowls or plates. Top with rice and chicken mixture.

Prepare the dressing by placing the bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Sprinkle crumbled bacon over chicken mixture.

Pour off all but 2 tablespoons drippings. Add 2 tablespoons water, cider vinegar, honey, mustard, salt and pepper; heat just to boiling and pour over salad.

Skillet Fried Corn

Ingredients

1 pound bacon, chopped
1 onion, chopped
2 medium green bell peppers,
chopped
2 (16 ounce) packages frozen corn
salt and pepper to taste

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown, but still soft. Stir in onion and green bell peppers, and cook until tender, about 10 minutes.

Reduce heat to low. Stir corn into skillet, and cook until tender, about 15 minutes. Salt and pepper to taste. Do not drain grease from bacon - that is the secret to the flavor.

Best Fried Green Tomatoes

Ingredients

4 large green tomatoes
2 eggs
1/2 cup milk
1 cup all-purpose flour
1/2 cup cornmeal
1/2 cup bread crumbs
2 teaspoons coarse kosher salt
1/4 teaspoon ground black pepper
1 quart vegetable oil for frying

Directions

Slice tomatoes 1/2 inch thick. Discard the ends.

Whisk eggs and milk together in a medium-size bowl. Scoop flour onto a plate. Mix cornmeal, bread crumbs and salt and pepper on another plate. Dip tomatoes into flour to coat. Then dip the tomatoes into milk and egg mixture. Dredge in breadcrumbs to completely coat.

In a large skillet, pour vegetable oil (enough so that there is 1/2 inch of oil in the pan) and heat over a medium heat. Place tomatoes into the frying pan in batches of 4 or 5, depending on the size of your skillet. Do not crowd the tomatoes, they should not touch each other. When the tomatoes are browned, flip and fry them on the other side. Drain them on paper towels.

Fried Razor Clams

Ingredients

1/2 cup oil for frying, or as needed
1 (4 ounce) packet saltine
crackers, finely crushed
1/2 teaspoon ground black
pepper
1/4 teaspoon ground cayenne
pepper
1/4 teaspoon paprika
1/4 teaspoon garlic powder
2 eggs, beaten
4 large razor clams, cleaned and
dried

Directions

Heat the oil in a large skillet over medium heat.

In a bowl, mix crushed crackers with black pepper, cayenne pepper, paprika, and garlic powder. Place eggs in a separate bowl. Dip clams into eggs, then into cracker mixture to evenly coat.

Fry clams in the hot oil until golden brown. Do not over cook.

Grilled or Fried Skirt Steak

Ingredients

2 pounds beef skirt steak
2 tablespoons lemon juice
1/3 cup prepared spicy brown mustard
1 pinch salt and pepper to taste
1 cup blue cheese dressing (optional)

Directions

In a small bowl, stir together the lemon juice and mustard. Trim away most of the fat from the steaks, and rub with the mustard marinade. Place into a resealable bag, and marinate in the refrigerator for at least 1 hour, and up to 24 hours.

Preheat a grill or large skillet for medium-high heat.

Grill or fry steaks for about 5 minutes per side, or to your desired degree of doneness. Remove from the heat, and let the meat rest for 5 to 10 minutes to let the juices settle. Cut each steak along the grain into 3 or 4 pieces. Serve with blue cheese dressing.

Oven-Fried Chicken

Ingredients

1 cup buttermilk baking mix
1/3 cup chopped pecans
2 teaspoons paprika
1/2 teaspoon salt
1/2 teaspoon poultry seasoning
1/2 teaspoon dried sage
1 (2 to 3 pound) whole chicken,
cut into pieces
1/2 cup evaporated milk
1/3 teaspoon butter, melted

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease one 13x9 inch baking dish.

In a shallow dish, combine the biscuit mix, pecans, paprika, salt, poultry seasoning and sage.

Dip the chicken pieces in the evaporated milk then coat generously with the pecan mixture. Place pieces in the prepared baking dish and drizzle with the melted butter or margarine.

Bake at 350 degrees F (175 degrees C) for 1 hour or until juices run clear.

Indonesian Fried Rice (Nasi Goreng)

Ingredients

1 cup uncooked white rice
2 cups water

cooking spray
3 eggs, beaten
1 tablespoon vegetable oil
1 onion, chopped
1 leek, chopped
1 clove garlic, minced
2 green chile peppers, chopped
1/2 pound skinless, boneless chicken breasts, cut into thin strips
1/2 pound peeled and deveined prawns
1 teaspoon ground coriander
1 teaspoon ground cumin
3 tablespoons sweet soy sauce (Indonesian kecap manis)

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Spread onto a baking sheet, and refrigerate 2 hours until cold.

Heat a large nonstick skillet over medium heat. Spray with nonstick cooking spray. Pour eggs into hot skillet. Cook until the eggs begin to set, lifting up the edges of the set eggs to allow the uncooked egg to contact the hot pan, about 1 minute. Flip omelet in one piece and cook until fully set, about 30 seconds. Slice omelet into 1/2 inch strips.

Heat the vegetable oil in a wok or large frying pan over high heat. Stir in the onion, leek, garlic, and chile peppers. Cook, stirring, until onion is soft, 3 to 5 minutes. Stir in the chicken, prawns, coriander, and cumin, mixing well. Cook and stir for approximately 5 minutes.

Mix in the cold rice, sweet soy sauce, and omelet strips; cook until shrimp are bright pink and chicken is no longer pink in the center, 3 to 5 minutes.

Awesome Fried Chicken

Ingredients

1 (4 pound) whole chicken, cut into 8 pieces
1 quart buttermilk
1 tablespoon salt
3 cups all-purpose flour
1 (.7 ounce) package dry Italian-style salad dressing mix
1 teaspoon poultry seasoning
1/2 teaspoon salt
1 teaspoon ground black pepper
oil for frying

Directions

In a large resealable plastic bag, combine chicken, buttermilk and salt. Refrigerate for 8 hours or overnight.

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

In a large resealable plastic bag, combine flour, Italian dressing mix, poultry seasoning, salt and pepper. Remove chicken from buttermilk, and coat well with flour mixture. Let set on a plate for about 10 minutes.

Fry in hot oil until meat is no longer pink, and breading is golden brown, about 20 minutes. Drain on paper towels.

Flavorful Southern Fried Chicken

Ingredients

2/3 cup all-purpose flour
2/3 cup grated Parmesan cheese
1 1/3 cups bread crumbs
1 teaspoon poultry seasoning
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon pepper
1 1/2 cups milk
12 ounces chicken tenderloins
1 1/2 cups vegetable oil for frying

Directions

In a large plastic bag, combine the flour, Parmesan cheese, bread crumbs, poultry seasoning, onion powder, garlic powder, salt and pepper. Shake to mix.

Heat the oil in a large skillet over medium heat until a drop of water evaporates immediately. Dip one piece of chicken at a time into the milk, and then place in the bag with the coating. Shake until fully coated. Place in the frying pan, and continue with remaining chicken.

Cook until the edges are browned, then flip and cook until browned on the other side. If some chicken is done sooner, keep on a paper towel lined plate in a warm oven, so that the chicken is all still warm at serving time.

Mie Goreng - Indonesian Fried Noodles

Ingredients

3 (3 ounce) packages ramen noodles (without flavor packets)
1 tablespoon vegetable oil
1 pound skinless, boneless chicken breast halves, cut into strips
1 teaspoon olive oil
1 teaspoon garlic salt
1 pinch ground black pepper, or to taste
1 tablespoon vegetable oil
1/2 cup chopped shallots
5 cloves garlic, chopped
1 cup shredded cabbage
1 cup shredded carrots
1 cup broccoli florets
1 cup sliced fresh mushrooms
1/4 cup soy sauce
1/4 cup sweet soy sauce (Indonesian kecap manis)
1/4 cup oyster sauce
salt and pepper to taste

Directions

Bring a pan of water to a boil, and cook the ramen until tender, about 3 minutes. Plunge the noodles into cold water to stop the cooking, drain in a colander set in the sink, and drizzle the noodles with 1 tablespoon of vegetable oil. Set aside.

Place the chicken strips in a bowl, and toss with olive oil, garlic salt, and black pepper. Heat 1 tablespoon of oil in a wok over high heat, and cook and stir the chicken until it is no longer pink, about 5 minutes. Stir in the shallots and garlic, and cook and stir until they start to turn brown. Add the cabbage, carrots, broccoli, and mushrooms, and cook and stir until the vegetables are tender, about 5 minutes.

Stir in the ramen noodles, soy sauce, sweet soy sauce, and oyster sauce, mixing the noodles and sauces into the vegetables and chicken. Bring the mixture to a simmer, sprinkle with salt and pepper, and serve hot.

Millie Pasquinelli's Fried Chicken

Ingredients

2 (2 to 3 pound) whole chickens,
cut into pieces
3 cups all-purpose flour
5 tablespoons seasoned salt
3 tablespoons garlic powder
salt and pepper to taste
4 eggs, beaten
1 quart vegetable oil for frying

Directions

In a shallow plate or bowl, mix the flour, seasoned salt, garlic powder, salt and pepper. Roll or shake the chicken pieces in the flour mixture and place on a platter. Then dip each chicken piece in the egg and roll again in flour mixture.

In a large skillet, heat oil for frying. Fry coated chicken pieces in hot oil for about 5 minutes on each side. Cover skillet and cook on lower heat for about 10 minutes. Remove cover, turn up heat and fry for 5 minutes on each side to make chicken crispy. Chicken is done when it is no longer pink inside and its juices run clear. Drain fried chicken on paper towels and keep warm in oven until ready to serve.

Southern Style Fried Okra

Ingredients

20 pods okra, sliced in 1/4 inch pieces
6 Yukon Gold potatoes, cut into 1-inch pieces
2 large sweet onion, cut into 1 inch pieces
1 (8.5 ounce) package corn bread/muffin mix (such as Jiffy®)
1 cup vegetable oil for frying

Directions

Place vegetables in a colander, rinse with cold water, and transfer to a large mixing bowl. In this next step, use your best judgement. Add enough corn meal to coat all of the vegetables in the bowl. Toss lightly till vegetables are coated with corn meal, adding more corn meal if necessary.

In a large frying pan, pour in oil to cover bottom of the pan; place pan over medium to medium-high heat. Heat oil until hot but not smoking. To test if oil is ready, wet your fingers with some water and flick water into oil. If the oil sizzles immediately, it is ready to cook.

Spoon out vegetables into frying pan in a single layer. When vegetables turn golden brown on bottom, flip them over, and continue cooking until browned on the other side. Transfer to a bowl lined with paper towels to drain oil. Repeat process till all vegetables are cooked.

Fried Dandelions (Appalachian Style)

Ingredients

2 cups all-purpose flour
2 tablespoons seasoned salt
1 tablespoon ground black pepper
4 eggs
80 unopened dandelion blossoms,
stems removed
1/2 cup butter

Directions

Combine the flour, seasoned salt, and pepper in a mixing bowl until evenly combined; set aside. Beat the eggs in a mixing bowl, then stir in the dandelion blossoms until completely coated.

Melt the butter in a large skillet over medium heat. Remove half of the dandelions from the egg, and allow the excess egg to drip away. Toss in the flour until completely coated, then remove from the flour, tossing between your hands to allow excess flour to fall away. Cook the dandelions in the melted butter until golden brown, stirring occasionally, about 5 minutes. Drain on a paper towel-lined plate. Repeat with the remaining dandelions.

Fried Cabbage with Bacon, Onion, and Garlic

Ingredients

6 slices bacon, chopped
1 large onion, diced
2 cloves garlic, minced
1 large head cabbage, cored and sliced
1 tablespoon salt, or to taste
1 teaspoon ground black pepper
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/8 teaspoon paprika

Directions

Place the bacon in a large stockpot and cook over medium-high heat until crispy, about 10 minutes. Add the onion and garlic; cook and stir until the onion caramelizes; about 10 minutes. Immediately stir in the cabbage and continue to cook and stir another 10 minutes. Season with salt, pepper, onion powder, garlic powder, and paprika. Reduce heat to low, cover, and simmer, stirring occasionally, about 30 minutes more.

Sage Fried White Beans

Ingredients

6 tablespoons olive oil
1 (15 ounce) can white beans,
drained and rinsed
1/2 teaspoon ground sage
1/4 teaspoon ground thyme
1/8 teaspoon cracked black
pepper
1/8 teaspoon salt

Directions

Heat the olive oil in a skillet over medium-high heat. Stir in beans, and toss to coat. Season with sage, thyme, pepper, and salt. Cook 5 minutes, or until beans are slightly crisp.

Fried Green Tomatoes I

Ingredients

5 tomatoes, sliced
1 cup cornmeal
1/2 cup vegetable oil
salt and pepper to taste

Directions

Wash and dry each tomato slice. Sprinkle cornmeal on a piece of wax paper or a large flat surface. Dip each tomato slice into the cornmeal and pat gently until cornmeal covers the surface; turn slice over and coat the other side.

Heat the oil in a large frying pan over medium heat. Add tomato slices, and fry for 2 to 3 minutes on each side, until golden brown. Season with salt and pepper to taste. Serve hot.

Fried Green Beans

Ingredients

2 tablespoons extra virgin olive oil
1 tablespoon butter
2 tablespoons fresh lemon juice
2 cups diagonally sliced fresh green beans
1 teaspoon lemon zest
1 pinch garlic salt to taste
1 pinch ground black pepper to taste

Directions

Heat the olive oil, butter and lemon juice in a skillet over medium-high heat. Add the green beans, lemon zest, garlic salt and pepper. Cook and stir for about 10 minutes, or until beans are tender, but still a little crunchy.

Fried Rice with Marmite®

Ingredients

1 cup uncooked white rice
2 cups water
1/2 pound ground chicken
1/2 tablespoon light-colored soy sauce
ground white pepper
1 tablespoon vegetable oil
1 clove garlic, minced
2 bok choy stalks, chopped
2 eggs, lightly beaten
2 tablespoons light soy sauce
1 tablespoon yeast extract spread (such as Marmite®)
white pepper to taste

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. If possible, cook the rice a day beforehand and leave it overnight in the fridge or cook it a couple of hours before you are ready to use it and leave it to cool.

Combine the chicken, 1/2 tablespoons soy sauce, and pepper in a bowl. Set aside.

Heat 1 tablespoon of oil in a frying pan or a wok on high heat and fry the garlic and chicken until brown, making sure to break the chicken up into bits as you go along. Add the bok choy, cooled rice, and pepper. Stir for a minute.

Reduce the heat to medium; make a hole in the middle of the frying pan and pour the egg into the hole. Add more oil if necessary. Cook for a minute until the egg starts to set, cover the top of the egg with the rice and cook for half a minute more; stir.

Stir in 2 tablespoons soy sauce; then stir in the yeast extract spread. When everything has turned a slightly brownish color, add some pepper to taste. Give it a final quick stir, make sure that the chicken is cooked thoroughly, and serve.

Pan-Fried Squash

Ingredients

1 tablespoon butter
2 cups diced yellow squash
2 cups diced zucchini
2 tablespoons balsamic vinegar

Directions

Melt the butter in a large skillet over medium to medium-high heat. Add the yellow squash and zucchini; cook and stir until lightly browned and tender. Transfer to a bowl, and toss with balsamic vinegar.

Pecan Oven-Fried Fryer

Ingredients

1 1/2 cups buttermilk baking mix
3/4 cup finely chopped pecans
1 tablespoon paprika
1 1/2 teaspoons salt
3/4 teaspoon pepper
3/4 teaspoon poultry seasoning
1 (3 1/2) pound broiler-fryer
chicken, cut up
1 (5 ounce) can evaporated milk
1/2 cup butter or margarine,
melted

Directions

In a shallow bowl or large resealable plastic bag, combine baking mix, pecans, paprika, salt, pepper and poultry seasoning. Dip chicken pieces in milk, then coat generously with pecan mixture. Place in a greased 13-in. x 9-in. x 2-in. baking dish. Drizzle with butter. Bake, uncovered, at 350 degrees F for 1 hour or until juices run clear.

Shrimp Fried Rice II

Ingredients

1 1/2 cups uncooked white rice
3 cups water
4 tablespoons vegetable oil
1 cup fresh bean sprouts
1/2 cup chopped onion
1 1/2 cups cooked medium shrimp, peeled and deveined without tail
1/4 cup chopped green onion
2 eggs, beaten
1 teaspoon salt
1/4 teaspoon ground black pepper
4 tablespoons soy sauce
1/4 teaspoon sesame oil

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Set aside and allow rice to cool.

Heat a large skillet or wok for 2 minutes. When the skillet or wok is hot, pour in vegetable oil, bean sprouts and onions. Mix well and cook for 3 minutes.

Mix in cooled rice and shrimp and cook for another 3 minutes. Stirring constantly.

Mix in green onions, eggs, salt, pepper, soy sauce and sesame oil. Cook for another 4 minutes, stirring continuously, until eggs are cooked and everything is blended evenly.

Fried Rice with Ginger, Hoisin, and Sesame

Ingredients

1 tablespoon butter
1/2 cup uncooked white rice
1 cup water

1/2 cup hoisin sauce
1/2 cup barbeque sauce
1 tablespoon peanut butter
1 1/2 teaspoons soy sauce
1 clove garlic, minced
1 teaspoon grated fresh ginger root

2 teaspoons sesame oil
1 cup chopped onion
1 cup grated carrot
2 cups frozen pea pods
2 cups frozen chopped broccoli, thawed
2 eggs
1/4 cup sesame seeds, lightly toasted

Directions

Melt the butter in a small saucepan over medium heat. Add the uncooked rice, and cook until toasted, stirring occasionally. Pour in the water and bring to a boil. Reduce heat to low, cover, and cook for about 15 minutes, or until tender.

While the rice is cooking, mix together the hoisin sauce, barbeque sauce, peanut butter, soy sauce, garlic, and ginger. Set aside.

When the rice is done cooking, heat the sesame oil in a wok or large skillet over medium-high heat. When it begins to smoke, add the onion and fry until clear. Add the carrot, and cook for about 1 minute, then add the rice, and stir fry for about 2 minutes. Add the broccoli and peas; cook and stir for about 1 minute. Push everything to the sides of the wok, and crack the eggs into the center. Scramble until cooked through, trying to keep the raw egg from mixing with everything else. When the eggs are cooked, stir them in with the rice.

Turn off the heat, and stir in about half of the sauce, tasting and adding more as desired. You may not need all of the sauce, but if you serve this with a meat it makes a good sauce for that too. Sprinkle with sesame seeds before serving.

Fried Egg Sandwich

Ingredients

2 teaspoons butter
4 eggs
4 slices processed American cheese
8 slices toasted white bread
salt and pepper to taste
2 tablespoons mayonnaise
2 tablespoons ketchup

Directions

In a large skillet, melt butter over medium high heat. Crack eggs in pan and cook to desired firmness. Just before eggs are cooked, place a slice of cheese over each egg.

After cheese has melted, place each egg on a toasted slice of bread. Season eggs with salt and pepper. Spread mayonnaise and ketchup on remaining slices of bread and cover eggs with bread to make 4 sandwiches. Serve warm.

Cheesy Fried Potatoes

Ingredients

2 slices bacon
2 tablespoons butter
1 tablespoon diced onion
4 potatoes, peeled and sliced
salt and pepper to taste
2 eggs
1/2 cup shredded Cheddar
cheese

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon from pan, drain and crumble; leave grease in pan.

Heat bacon grease over medium heat and stir in butter. Add onion and potatoes. Cover pan and cook, stirring occasionally, until potatoes are golden brown.

Crack eggs on top of potatoes and stir gently to combine. Sprinkle with salt, pepper, cheese and bacon. Continue cooking until eggs are firm and cheese is melted.

Stir-Fried Rice

Ingredients

1 tablespoon oil
3 eggs, lightly beaten
1 (14.5 ounce) can chicken broth
1 (16 ounce) package frozen stir-fry vegetables, thawed
2 tablespoons soy sauce
2 cups Minute® White Rice, uncooked

Directions

Heat oil in large skillet on medium heat. Add eggs; cook until set, stirring occasionally. Remove from skillet.

Add broth, vegetables and soy sauce to skillet; bring to boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes.

Stir in cooked eggs. Serve immediately.

Fried Squid with Pineapple (Muc Xao Thom)

Ingredients

2 tablespoons vegetable oil
3 cloves garlic, minced
1 onion, cut into wedges
2 pounds squid, cleaned and cut into 1/2 inch rings
1/2 fresh pineapple - peeled, cored and chopped
4 stalks celery, cut into 2 inch pieces
4 tablespoons fish sauce
1 teaspoon white sugar
1 teaspoon ground black pepper

Directions

In a large skillet over medium high heat, heat the oil and the garlic. Fry until garlic is golden brown.

Add onion and stir-fry for 1 minute. Add squid and cook until they just turn white (do not overcook). Add the pineapple, celery, fish sauce, sugar and pepper. Stir fry for 2 minutes.

Fried Cabbage and Egg Noodles

Ingredients

1 (16 ounce) package egg noodles
1 stick butter
1 medium head green cabbage,
chopped
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Cook the egg noodles in the boiling water until the pasta is tender yet firm to the bite, about 5 minutes. Drain.

While the noodles cook, melt the butter in a large skillet over low heat. Add the cabbage to the melted butter; season with salt and pepper. Cover and cook until the cabbage begins to brown, 5 to 7 minutes. Stir the drained noodles into the cabbage; cook and stir until the noodles begin to brown, about 5 minutes.

Indonesian Fried Rice

Ingredients

1/2 cup uncooked long grain white rice
1 cup water
2 teaspoons sesame oil
1 small onion, chopped
2 cloves garlic, minced
1 green chile pepper, chopped
1 small carrot, sliced
1 stalk celery, sliced
2 tablespoons kecap manis
2 tablespoons tomato sauce
2 tablespoons soy sauce
1/4 cucumber, sliced
4 eggs

Directions

Bring the rice and water to boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.

Heat the oil in a wok, and cook the onion, garlic, and green chile until tender. Mix in the carrot and celery. Stir in the rice, and mix in kecap manis, tomato sauce, and soy sauce. Continue cooking about 1 minute, until heated through. Transfer to bowls, and garnish with cucumber slices.

Place eggs in the wok, and cook until set. Place in the bowls over the rice and vegetables.

Southern Fried Corn

Ingredients

4 slices bacon
1 (16 ounce) package frozen
whole kernel corn
1 cup buttermilk
1 tablespoon all-purpose flour

Directions

Place the bacon in a large, deep skillet; cook over medium-high heat, turning occasionally, until evenly browned. Drain the cooked bacon slices on a paper towel-lined plate. Set the pan aside, reserving the bacon drippings.

In a saucepan, bring the corn and buttermilk to a boil over medium heat. Reduce the heat, and simmer for 5 to 10 minutes until all the liquid is gone.

Heat the reserved bacon drippings in the skillet over medium heat. Slowly mix in the flour. When this begins to gently bubble, stir in the corn. Crumble the cooked bacon strips, and stir into the corn. Cook over medium heat, stirring frequently, for about 3 to 5 minutes or until the mixture is thick and well blended. Serve immediately.

Fried Irish Potato Farls

Ingredients

4 prepared potato bread farls
1 tablespoon olive oil, or as
needed
1 pinch salt

Directions

Heat oil in a skillet over medium heat. Gently fry potato farls for 2 to 3 minutes on each side or until golden brown. Season with salt and serve immediately.

Oven Fried Lemonade Chicken

Ingredients

1 (6 ounce) can frozen lemonade concentrate, thawed
1 teaspoon salt
1/2 teaspoon ground black pepper
6 skinless, boneless chicken breast halves
1 1/2 cups cornflakes cereal
1 teaspoon dried crushed thyme

Directions

Pour the lemonade concentrate, salt, and pepper into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least 1 hour or overnight.

Preheat an oven to 350 degrees F (175 degrees C). Spray a baking sheet generously with cooking spray.

Place the cornflakes in another resealable plastic bag and crush them into fine crumbs. Add the thyme, and mix thoroughly. Remove the chicken pieces from the marinade, and shake off excess. Discard the remaining marinade. Place the chicken pieces into the bag containing the cornflake crumbs and shake to coat well.

Place the chicken breasts on the prepared baking sheet so they don't touch, and spray each one lightly with cooking spray. Bake in the preheated oven for 30 to 45 minutes, until chicken juices run clear, and the top is browned and crunchy. Serve hot or cold.

Fried Green Tomatoes II

Ingredients

1/3 cup bread crumbs
1/2 teaspoon white sugar
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1/4 cup vegetable oil
1 pound green tomatoes, sliced
1/2 inch thick

Directions

Stir together bread crumbs, sugar, salt and pepper.

Coat tomatoes in the crumb mixture.

Heat oil in a large frying pan over medium-high heat. Fry tomatoes for 2 minutes on each side. Drain on paper towels.

Fried Whole Tilapia with Basil and Chilies

Ingredients

1 whole (10 ounce) fresh tilapia,
cleaned and scaled
1 quart oil for deep frying

2 tablespoons cooking oil
5 large red chili peppers, sliced
5 cloves garlic, chopped
1 yellow onion, chopped
2 tablespoons fish sauce
2 tablespoons light soy sauce
1/4 cup Thai basil leaves
1/4 cup chopped cilantro

Directions

Heat 1 quart oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). If you do not have a thermometer, then dip the head of the fish into the oil; if it sizzles, it is ready, if it does not sizzle, then wait a couple minutes and try again.

Rinse the fish and dry well. Make several angled slits along the body of the fish, cutting down to the rib bones. Make two lateral slits along the back of the fish, from head to tail, on either side of the dorsal fin. These cuts will ensure quick cooking and maximum crispiness.

Gently slip the fish into the oil and fry until crispy, 7 to 10 minutes. Carefully remove the fish from the oil and let it drain on paper towels. Place on a large serving platter.

While the fish drains, heat 2 tablespoons oil in a large skillet. Cook and stir the chili peppers, garlic, and onion in the hot oil until lightly browned, 5 to 7 minutes. Stir the fish sauce and soy sauce into the mixture, remove from heat, and fold the Thai basil and cilantro into the mixture. Pour the sauce over the fish to serve.

Fried Green Tomatillos

Ingredients

2 egg white, lightly beaten
1/3 cup cornmeal
1/2 teaspoon herbes de Provence
1/2 teaspoon garlic salt
ground black pepper to taste
8 tomatillos, husked and sliced
1/4 inch thick
2 tablespoons vegetable oil

Directions

Place egg whites in a shallow bowl. In a separate shallow bowl, mix together cornmeal, herbs, salt and pepper.

Heat oil in a skillet over medium heat. Dip tomatillo slices in egg whites, then dredge in cornmeal mixture turning to coat both sides.

Fry tomatillo slices 2 to 3 minutes per side, or until golden brown. Be careful not to over cook; tomatillos should be tender, but not totally softened. Serve immediately.

Fried Irish Soda Farls

Ingredients

1 prepared soda bread farl
1 tablespoon olive oil for frying
1 pinch salt, or to taste (optional)

Directions

Split the soda farl in half horizontally.

Heat oil in skillet over medium high heat. Gently fry soda bread for 2 to 3 minutes on each side or until crisp and golden brown. Serve hot, seasoned lightly with salt.

Chinese Chicken Fried Rice I

Ingredients

1/2 tablespoon sesame oil
1 onion
1 1/2 pounds cooked, cubed
chicken meat
2 tablespoons soy sauce
2 large carrots, diced
2 stalks celery, chopped
1 large red bell pepper, diced
3/4 cup fresh pea pods, halved
1/2 large green bell pepper, diced
6 cups cooked white rice
2 eggs
1/3 cup soy sauce

Directions

Heat oil in a large skillet over medium heat. Add onion and saute until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.

Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.

Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.

Fried Ice Cream

Ingredients

1 quart vanilla ice cream
3 cups crushed cornflakes cereal
1 teaspoon ground cinnamon
3 egg whites
2 quarts oil for frying

Directions

Scoop ice cream into 8 - 1/2 cup sized balls. Place on baking sheet and freeze until firm, about 1 hour.

In a shallow dish, combine cornflakes and cinnamon. In another dish, beat egg whites until foamy. Roll ice cream balls in egg whites, then in cornflakes, covering ice cream completely. Repeat if necessary. Freeze again until firm, 3 hours.

In deep fryer or large, heavy saucepan, heat oil to 375 degrees F (190 degrees C).

Using a basket or slotted spoon, fry ice cream balls 1 or 2 at a time, for 10 to 15 seconds, until golden. Drain quickly on paper towels and serve immediately.

Pineapple Fried Quinoa

Ingredients

1 cup uncooked quinoa
2 cups chicken broth
1 cup water

3 eggs
1 tablespoon peanut oil
2 tablespoons chili oil
5 cloves garlic, pressed or minced
1 bunch green onions
3/4 cup diced pineapple
1 tablespoon chopped fresh cilantro
1/4 cup soy sauce
1/2 teaspoon red pepper flakes, or to taste

Directions

Rinse quinoa until water runs clear. Bring the quinoa, chicken broth and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the liquid has been absorbed, about 15 to 20 minutes.

Beat the eggs in a bowl. Heat a skillet over medium heat. Cook and stir eggs until scrambled. Remove eggs from the skillet and set aside. Heat peanut oil and chili oil over medium-low heat. Cook and stir garlic for 2 minutes, then stir in green onions to heat through. Stir in pineapple and cilantro, then add the cooked quinoa. Toss with scrambled eggs, soy sauce, and red pepper flakes until thoroughly heated.

Fried Chicken with Creamy Gravy

Ingredients

- 1/2 cup milk
- 1 egg, beaten
- 1 cup all-purpose flour
- 2 teaspoons garlic salt
- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 1/4 teaspoon poultry seasoning
- 1 (4 pound) whole chicken, cut into pieces
- 3 cups vegetable oil
- 1 cup chicken broth
- 1 cup milk

Directions

In a medium bowl, beat together 1/2 cup milk and egg. In a resealable plastic bag, mix together the flour, garlic salt, paprika, pepper and poultry seasoning. Place chicken in bag, seal, and shake to coat. Dip chicken in milk and egg mixture, then once more in flour mixture. Reserve any remaining flour mixture.

In a large skillet, heat oil to 365 degrees F (185 degrees C). Place coated chicken in the hot oil, and brown on all sides. Reduce heat to medium-low, and continue cooking chicken until tender, about 30 minutes. Remove chicken from skillet, and drain on paper towels.

Discard all but 2 tablespoons of the frying oil. Over low heat, stir in 2 tablespoons of the reserved flour mixture. Stirring constantly, cook about 2 minutes. Whisk in chicken stock, scraping browned bits off bottom of skillet. Stir in 1 cup milk, and bring all to a boil over high heat, stirring constantly. Reduce heat to low, and simmer for about 5 minutes. Serve immediately with the chicken.

Deep Fried Dill Pickles

Ingredients

2 eggs
1 cup buttermilk
1 tablespoon Worcestershire sauce
1/2 teaspoon vinegar-based hot pepper sauce
3/4 teaspoon cayenne pepper
1/4 teaspoon seasoning salt
1/4 teaspoon garlic powder
1 cup cornmeal
2 1/4 cups all-purpose flour
1 teaspoon salt
3/4 teaspoon ground black pepper
1 (32 ounce) jar dill pickle slices
1 cup vegetable oil for deep frying
salt and pepper to taste

Directions

In a large bowl, combine 2 eggs, 1/4 cup of the flour, buttermilk, Worcestershire sauce, hot sauce, cayenne pepper, seasoning salt and garlic powder.

In a separate mixing bowl, combine cornmeal, 2 cups flour, salt and 3/4 teaspoon black pepper.

Preheat oil in a deep fryer or pot to 365 degrees F (180 degrees C).

Dip drained pickles into milk mixture and then dredge them in the flour mixture. Deep fry until golden brown. Drain on paper towels. Salt and pepper to taste

Mustard Fried Chicken

Ingredients

5 pounds chicken wings,
separated at joints, tips discarded
1 tablespoon seasoned salt
2 tablespoons garlic powder
2 tablespoons onion powder
2 tablespoons ground black
pepper
1 tablespoon monosodium
glutamate (MSG, or Accent flavor
enhancer) (optional)
3 tablespoons prepared yellow
mustard
3 cups all-purpose flour
1 quart oil for frying, or as needed

Directions

Season the chicken wings on both sides by sprinkling with seasoned salt, garlic powder, onion powder, pepper, and MSG. I like to lay it all out on a big plastic bag for easier clean up. Coat each piece with a thin layer of mustard. You may use a basting brush or your fingers. Put the flour into a plastic bag, add the chicken, and shake to coat.

Heat the oil in a deep-fryer or deep heavy skillet to 350 degrees F (175 degrees C). When the oil is hot, add the chicken and cook for 6 minutes on each side, or until juices run clear. Drain on paper towels, and cool for 5 minutes before serving.

Mom's Smoked Salmon Fried Rice

Ingredients

6 cups water
3 cups long grain white rice,
uncooked
3 tablespoons cooking oil, divided
2 eggs, beaten
1/2 onion, finely chopped
1 green onion, chopped
4 ounces smoked salmon,
chopped
1/2 cup frozen peas
salt and freshly ground pepper, to
taste

Directions

Pour the water into a saucepan, add the rice, and bring to a boil. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed, about 20 minutes. Set aside.

Meanwhile, place 2 tablespoons of cooking oil into a large skillet and heat over medium heat. Stir in the eggs and cook until scrambled to desired consistency. Remove eggs from the pan, and set aside.

Using the same skillet, add the remaining 1 tablespoon oil, and heat over medium heat. Stir in the onion and green onion; cook until the onion is transparent, about 5 minutes. Stir in the salmon, rice, peas, and scrambled eggs, and toss until evenly blended. Cook and stir rice mixture until heated through. Season to taste with salt and pepper.

Fried Rice II

Ingredients

2 cups uncooked instant rice
2 cubes chicken bouillon
1 cup snow peas
1 cup chopped onions
1 cup bean sprouts
3 eggs, beaten
2 tablespoons vegetable oil
2 teaspoons soy sauce, or to taste

Directions

In a saucepan bring 4 cups of water to a boil. Add chicken bouillon and rice, and stir. Cover, remove from heat and let stand 5 minutes, or until liquid is absorbed. Refrigerate overnight.

To the rice add snow peas, onions and bean sprouts.

In a small skillet over medium heat, scramble the eggs; add to rice mixture.

Heat oil in a large skillet or wok over medium heat. Fry the rice mixture with soy sauce until liquid evaporates; be careful not to fry until crisp.

Deep Fried Pork Steak

Ingredients

1 quart vegetable oil for deep frying
2 cups all-purpose flour
2 tablespoons garlic powder
4 tablespoons seasoned salt
1 teaspoon chili powder
1 teaspoon cinnamon
1 teaspoon coriander
1 teaspoon dried basil
1 teaspoon cumin
1 teaspoon ground turmeric
1 teaspoon paprika
1 tablespoon salt
4 pounds pork steaks

Directions

Heat oil in a deep fat fryer to 375 degrees F (190 degrees C).

In a large resealable plastic bag, combine the flour, garlic powder, seasoned salt, chili powder, cinnamon, coriander, basil, cumin, ground turmeric, paprika, and salt. Place pork steaks in the bag one at a time; seal, and shake to coat.

One at a time, place pork steak into hot oil, and cook until it turns deep brown and floats. Remove to paper towels. Repeat process with remaining pork steaks.

Pan Fried Tilapia Sandwich

Ingredients

1/4 cup mayonnaise
1/4 cup minced red onion
1/2 cup finely chopped tomato
2 tablespoons dill pickle relish
1/2 teaspoon ground piri piri chile pepper
salt and ground black pepper to taste

2 (4 ounce) fillets tilapia fillets
1 teaspoon seafood seasoning (such as Old Bay®)
1/2 teaspoon garlic powder
2 tablespoons butter
4 slices pepperjack cheese
4 slices whole wheat bread, toasted

Directions

Stir together the mayonnaise, onion, tomato, relish, and piri piri in a small bowl. Season to taste with salt and pepper, and set aside.

Season the tilapia fillets on both sides with the seafood seasoning and garlic powder. Melt the butter in a skillet over medium heat. Cook the tilapia fillets until they are golden brown on both sides and no longer translucent in the center, 2 to 3 minutes per side. Place two slices of pepperjack cheese on top of each fillet, cover the skillet, and cook until the cheese has melted.

Place each tilapia fillet onto a slice of toasted bread, spread with the reserved sauce, then top with the remaining slices of bread.

Southern-style Oven-fried Catfish

Ingredients

3 tablespoons vegetable oil
1 1/2 pounds catfish fillets, cut
into serving pieces
1 cup cornmeal
2 teaspoons Creole seasoning
1 teaspoon paprika
1 teaspoon white sugar
1/2 teaspoon ground black
pepper
2 eggs, lightly beaten
1 tablespoon hot pepper sauce or
water

Directions

Preheat an oven to 425 degrees F (220 degrees C). Grease a 13x9 glass baking dish with the oil, and set aside.

Rinse the catfish fillets, and pat dry. In a shallow bowl, combine the cornmeal, creole seasoning, paprika, sugar, and black pepper. Combine the eggs and hot sauce or water in a another bowl. Dip the fillets in the egg mixture, dredge in the cornmeal mixture, and arrange in the baking pan.

Bake for 15 minutes, or until cooked through and golden brown. Turn once during cooking. Place catfish on a paper-towel lined plate, and serve immediately with additional hot sauce.

Deep South Fried Chicken

Ingredients

1 cup shortening
2 cups all-purpose flour
1 teaspoon salt
1 teaspoon ground black pepper
1 (2 to 3 pound) whole chicken,
cut into pieces

Directions

Heat the shortening in a large, cast iron skillet over medium-high heat.

In a brown paper lunch bag, combine the flour, salt, and pepper. Shake two chicken pieces in the bag to coat, and place them in the skillet. Repeat until all of the chicken is coated and in the skillet.

Fry the chicken over medium-high heat until all of the pieces have been browned on both sides. Turn the heat to medium-low, cover, and cook for 25 minutes. Remove the lid, and increase heat to medium-high. Continue frying until chicken pieces are a deep golden brown, and the juices run clear.

Fried Tempeh

Ingredients

2 cloves crushed garlic
1 cup water
salt to taste
1 (8 ounce) package tempeh
2 cups vegetable oil for frying

Directions

Place the garlic in a small mixing bowl. Pour water and salt into the mixing bowl, mix well.

Slice the tempeh 1 inch thick and score both sides of the tempeh. Marinate the tempeh in the garlic, water and salt mixture for 20 minutes.

Pan fry the tempeh in a skillet with oil. Brown the tempeh on both sides.

City Fried Chicken

Ingredients

2 cups all-purpose flour
1/2 cup dry bread crumbs
1 tablespoon salt (optional)
2 tablespoons lemon pepper
2 tablespoons seasoned salt
2 tablespoons paprika
2 beaten eggs
2 cups milk
5 pounds chicken drumsticks and thigh pieces
1 1/2 cups vegetable oil for frying

Directions

Place the flour, bread crumbs, salt, lemon pepper, seasoned salt, and paprika into a large resealable plastic zipper bag, and stir the mixture to thoroughly combine.

Whisk the eggs and milk together in a large shallow bowl. Rinse off the chicken pieces, and place 2 or 3 pieces at a time into the plastic bag. Seal the bag, shake several times to thoroughly coat the chicken with seasoned flour mixture, and dip into the egg mixture. Place the chicken pieces back into the flour, shake to coat, and dip; repeat one more time, giving each chicken piece 2 dips in egg mixture and 3 coatings of seasoned flour.

Heat oil in a large skillet with deep sides until the oil shimmers; gently add the chicken in batches, either all drumsticks or all thighs. Cover the skillet, and fry until the juices run clear and the coating is beginning to brown, 10 to 15 minutes; uncover and cook the chicken until the coating is golden brown, another 5 to 10 minutes.

Isaiah's Pretzel Fried Chicken

Ingredients

1/4 cup all-purpose flour
2 eggs
1 cup finely crushed pretzels
1/4 cup grated Parmesan cheese
2 teaspoons dried Italian herb seasoning
1 teaspoon ground cayenne pepper
1 teaspoon ground paprika
4 skinless, boneless chicken breast halves
1/4 cup vegetable oil for frying

Directions

Place the flour in a bowl, and set aside. Beat the eggs in another bowl. Mix together the crushed pretzels, Parmesan cheese, Italian seasoning, cayenne pepper, and paprika in a third bowl.

Rinse the chicken breast halves, and pat them dry with paper towels. Gently press the chicken breasts into the flour to coat, and shake off the excess flour. Dip into the beaten egg, then press into the pretzel crumb mixture. Gently toss between your hands so any crumbs that haven't stuck can fall away. Place the breaded chicken breasts onto a plate while breading the rest; do not stack.

Heat the oil in a skillet over medium heat, and fry the coated chicken breasts about 5 to 7 minutes per side, until the coating is golden brown and the juices run clear.

Spicy Fried Green Tomatoes

Ingredients

1 1/2 cups all-purpose flour
1 teaspoon ground black pepper
1 teaspoon crushed red pepper flakes
1 teaspoon garlic powder
2 eggs, lightly beaten
1 (12 fluid ounce) can beer
1/2 cup oil for frying
5 green tomatoes, sliced 1/2 inch thick

Directions

In a bowl, mix the flour, black pepper, red pepper, garlic powder, eggs, and beer. The mixture should resemble pancake batter.

Heat the oil in a skillet over medium heat. Dip tomato slices in the batter to coat, then fry in the skillet 5 minutes on each side, until golden brown. Eat while hot.

Taiwanese Fried Tofu

Ingredients

1 (16 ounce) package extra firm tofu
1/3 cup soy sauce
2 teaspoons Chinese black vinegar
1 teaspoon sesame oil
1 teaspoon white sugar
3 tablespoons olive oil
3 cloves garlic, minced
1/4 cup chopped green onions
salt and pepper to taste

Directions

Cut the tofu in half lengthwise down the top. Slice into squares 1/4 inch thick. Stir together the soy sauce, vinegar, sesame oil, and sugar in a small bowl, set aside.

Heat oil in a large, nonstick pan over medium heat. Add garlic and green onions, and cook until fragrant, about 20 seconds. Brown tofu well on each side, then pour in sauce and cook until the sauce has been incorporated by the tofu, 2 to 3 minutes. Season to taste with salt and pepper.

Easy Fried Spinach

Ingredients

1/4 cup canola oil
1/4 cup unsalted butter
2 (10 ounce) bags fresh spinach
leaves
8 cloves garlic, thinly sliced

Directions

Melt the butter with the canola oil in a large skillet over medium heat until it stops bubbling. This allows the water from the butter to evaporate. Add the garlic; cook and stir for about 2 minutes, until it is just beginning to brown. Put in the spinach leaves and cook for about 5 minutes while stirring, until the leaves are dark and are about 1/4 of their original size.

Pan-Fried Chinese Pancakes

Ingredients

1/4 teaspoon salt
3/4 cup warm water
1 cup all-purpose flour
1/4 teaspoon vegetable oil
(optional)

1/4 cup all-purpose flour
1 tablespoon vegetable oil
1 tablespoon Asian (toasted)
sesame oil, or as needed
1/2 cup finely chopped green
onion

1 tablespoon vegetable oil, or as
needed

Directions

Dissolve salt in warm water, and mix in 1 cup of flour to make a soft dough. Turn the dough out onto a well-floured work surface, and knead until slightly springy, about 5 minutes. If the dough is sticky, knead in 1/4 teaspoon of vegetable oil. Divide the dough into 8 equal-size pieces, and keep the pieces covered with a cloth.

In a bowl, mix 1/4 cup of flour with 1 tablespoon vegetable oil to make a mixture like fine crumbs.

On a floured work surface, roll a piece of dough out into a thin square about 5x7 inches in size, brush the dough with toasted sesame oil, and sprinkle lightly with about 1 1/2 teaspoon of the flour-oil mixture. Sprinkle about 1 tablespoon of chopped green onion onto the dough, and spread the onion out evenly. Starting with a long end, roll the dough up into a rope shape, and pinch the seam and the ends closed. Roll the rope shape into a flat spiral, and press lightly with your hands to compact the spiral and keep it from unrolling.

Place the spiral down onto the floured work surface, and gently roll it out into a pancake with the onions folded inside, turning the pancake over often as you roll it out. Roll gently and turn often to avoid making holes in the pancakes. Finished pancakes should be about 5 inches in diameter. Repeat with the rest of the dough pieces, making 8 onion pancakes.

Heat a non-stick skillet over medium heat, and brush with vegetable oil. Pan-fry each pancake in the hot skillet until golden brown on both sides, about 5 minutes per side. Cut into wedges and serve warm.

Deep Fried Mushrooms

Ingredients

1 cup all-purpose flour
1 teaspoon garlic salt
1 egg
1 cup water
1 pound button mushrooms,
quartered
2 cups oil for frying, or as needed

Directions

In a medium bowl, stir together the flour and garlic salt. Mix in egg and water until smooth.

Heat the oil in a large deep skillet over medium-high heat. Test to see if oil is hot by frying a drop of batter. If it sizzles and floats to the top, the oil is ready.

Dip mushrooms into the batter and then place in the hot oil. Fry a few at a time so they are not crowded, until golden brown, 3 to 5 minutes. Remove from oil with a slotted spoon and drain on paper towels.

Fried Chicken Coating

Ingredients

2 cups all-purpose flour
1/4 cup paprika
2 tablespoons salt
2 tablespoons pepper
1 tablespoon ground mustard
1 tablespoon dried thyme
1 teaspoon ground ginger
1/2 teaspoon dried oregano
ADDITIONAL INGREDIENTS:
2 eggs
1/2 cup milk
1 (3 1/2) pound broiler-fryer
chicken, cut up
vegetable oil

Directions

In a bowl, combine the first eight ingredients; mix well. Store in an airtight container in a cool dry place for up to 1 year.

Chicken Satay Fried Rice

Ingredients

1 pound boneless, skinless chicken breasts, cut into strips
1 tablespoon vegetable oil
1 3/4 cups water
2 tablespoons SkippyB® Creamy or Super ChunkB® Peanut Butter
1 tablespoon rice wine vinegar or white vinegar
1/4 teaspoon ground ginger (optional)
1 (4.6 ounce) package KnorrB® Sides PlusB„Ÿ Veggies - Vegetable Fried Rice
1/4 cup sliced green onions

Directions

Season chicken, if desired, with salt and pepper. Heat oil in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 5 minutes or until chicken is thoroughly cooked. Remove chicken and set aside.

Stir water, peanut butter, vinegar and ginger into same skillet. Bring to a boil over high heat. Stir in KnorrB® Sides PlusB„Ÿ Veggies - Vegetable Fried Rice. Cover and cook over medium heat, stirring occasionally, 8 minutes or until rice is tender.

Stir in chicken and green onions; heat through. Serve, if desired, with finely chopped fresh cilantro, fresh lime wedges and chopped peanuts.

Deep Fried Shrimp

Ingredients

4 pounds large shrimp - peeled and deveined
1 teaspoon salt
1 teaspoon ground black pepper
8 eggs, beaten
1 1/2 cups all-purpose flour
1 teaspoon baking powder
1 1/2 cups vegetable oil

Directions

In a medium size mixing bowl combine shrimp, salt and pepper; stir.

Heat oil in a medium size saucepan. In another medium size mixing bowl stir together eggs, flour and baking powder. Dredge shrimp in egg mixture then fry in oil until they are golden.