



## FRENCH FRIED SHRIMP

This is perhaps the most abused of all fried foods. The usual faults with fried shrimp are that it is tough and tasteless.

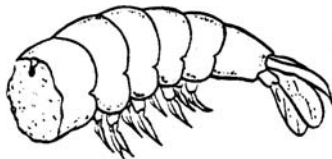
Over-cooking is usually the cause of poor quality fried shrimp.

At one time in the evolution of our ideas concerning the frying of shrimp we recommended that shrimp be fried very hot 390° for 1 minute 15 seconds by the clock and such cooking does produce very tasty shrimp with little shrinkage.

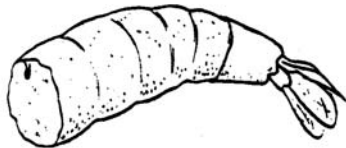
As we have progressed with the Keating Fryer we have found high temperatures very detrimental to the frying fat and if the fat is dark and evil tasting, the shrimp fried therein cannot reveal their true and delicate flavor.

Believing that fried foods to be good must be fried in clean fresh fat, we now recommend very much lower temperatures and somewhat longer time intervals.

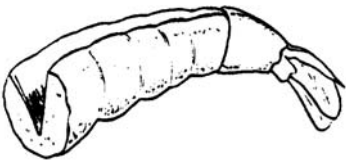
With shrimp as with other sea foods, over-cooking diminishes the flavor greatly but over-cooked shrimp get tough as well as flat tasting.



Shrimp with shell on.



This shrimp has been peeled except for the last joint of shell and the tail on the shrimp.



Cut the shrimp as shown. Wash out the sand vein.

Shrimp come in various sizes, 15 count or larger are the expensive ones. 21 are high priced, 21-25 are the most popular size as the cost of cleaning is not so great that it offsets the savings in price. If shrimp smaller than 21-25 count are used you will find the labor cost for deshellng and cleaning out, sky rockets making them cost more than the real big fellows.

After the shrimp is peeled, split it 3/4 of the way through (Fig. 3). The sand vein is readily washed out and the shrimp is now ready for frying.

Prepare a batter consisting of:

- 2 Cups Gold Medal Flour
- 2 Tablespoons salt
- 4 Tablespoons dry powered milk
- 1/2 teaspoon white pepper
- 1-7/8 Cups water

Hold the shrimp by the tail, dip into this batter and lay on a pan of *French bread crumbs*, the layer of bread crumbs should be 1" thick. After a dozen or so shrimp are lying on the crumbs, cover them with a liberal amount of bread crumbs and pat with the flat of your hand to set the bread crumbs into the batter.

Fry for 2 minutes 45 seconds at 335°F. Time and temperature must be accurate.

If you desire to bread the shrimp ahead, do so, but place shrimps in layers and spread each layer liberally with bread crumbs. These crumbs can be reused later.

A wire strainer of coarse mesh should be used to remove the lumps that form in the bread crumbs as these lumps accumulate. The lumps will fry hard and spoil an otherwise perfect order of shrimp.

The tail of the shrimp will turn red when the shrimp are fried giving eye appeal which helps taste appeal.

Some prefer batter fried shrimp the way the Chinese Restaurants usually prepare them. Use same frying time and the temperature but make the batter thicker. Use 1 3/4 cups of liquid instead of 1 7/8. Dip the shrimp and fry immediately at 335° for 2 minutes 45 seconds.

A strainer should be used to remove the floating particles of batter from the surface of fat.

The reason we omit eggs from the batter and use a batter instead of an egg wash to hold bread crumb is simply this: the egg wash coagulates when the food is placed in the fryer since the moisture in the food turns to steam. When the food is fried this moisture in the food turns to steam. When the food is fried this moisture as steam must escape from the food. The egg wash coagulates sealing the surface of the shrimp, the steam as a result lifts the batter in its effort to escape. This results in fried food having breading which can be peeled off the food. Using an undercoat or batter the breading sticks and adheres firmly during and after frying. After many and careful tests, we do not recommend the use of egg wash for fried foods.

### FRIED BOILED SHRIMP

Cover green shrimp with water, add pepper, Coleman's mustard, bay leaf and celery tops (do not add salt, it makes shrimp tough). Bring shrimp to a boil. Pour off water, peel, clean, bread as above and fry the same as raw shrimp.

### SOME FACTS ABOUT FRIED CHICKEN

Chicken can be fried in many ways and the finished product can vary over a wider range than most any item on the restaurant menu.

Fried chicken, to be good, should be thoroughly cooked, crisp but not hard, and well seasoned.

The advantage of serving fried chicken is it represents a relatively easy method to increase restaurant sales, and to illustrate what can be done I would like to tell a story.

One evening a few weeks ago, my wife and I were guests at Kirie's Restaurant located on Thatcher Avenue just north of Grand Avenue in River Grove, Illinois. Mr. Kirie sat down at our table and visited with us. During the course of conversation, he made a statement that last Sunday they had sold over 1,500 orders of fried chicken. He then continued saying, "I never served fried chicken until Dick gave me the recipe." My wife joined in with the question, "How could you read it if Dick wrote it out for you?" and Mr. Kirie replied, "I still have the original recipe in his handwriting in my files," and went and produced the original notes.

It took a number of years for Mr. Kirie to build the business up to the point where he is selling 1,500 orders of fried chicken along with the other food he

serves on a single Sunday. This little story does illustrate that it is possible to build a very substantial volume of business by selling properly fried chicken.

There are several decisions that you as a restaurant operator will have to make before you commence to serve fried chicken. You will have to decide, for instance, if you wish to serve half fried chicken, quarter fried chicken or if you wish to disjoint the chicken for service.

You will also have to decide whether you want to use heavy chickens or light chickens, and in making this decision I urge you to bear in mind that chickens weighing 32 to 33 pounds per dozen have more flesh in proportion to the bone structure than chickens weighing 17 to 20 pounds per dozen. Therefore, I recommend that you use the heavier chickens, but even when making this recommendation I want to remind you that this decision is yours, one which can only be made by you.

Regardless of how you are to serve the chicken it is necessary that the chicken be divided into portions.

Chicken can be bought processed in a number of manners. I will describe here the method of handling chickens which are bought fresh with the necks on, feet on, and the entrails in and you can merely modify the process if you buy eviscerated chickens.

Singe chicken if necessary to remove hair. Scrub off any yellow wax which may be present if the feathers were removed by the wax process. Hold the chicken by the neck with the breast tucked into the palm of your left hand. Use a short sharp boning knife and cut alongside the backbone, first on the left side as you are now looking at the chicken, then on the right side. The neck and backbone is then free to be removed if you will just cut the skin around the under part of the neck. (Save the necks and backs – they make good soup or can be picked after steaming the meats used for chicken salad). Spread the two halves of the chicken apart, remove the liver and drop all of the entrails out of the chicken, salvaging the gizzard if you have use thereof.

Next, split the skin of the chicken down to the middle of the breastbone. Then literally tear the chicken in half. There is normal division and the breast will come apart equally and cleanly without any shattered bone fragments. Separate the breast from the leg by just cutting through the normal division that results after the backbone has been removed.

Remove the leg or drum stick from the upper joint by cutting exactly through the joint with a knife. Do not, under any circumstances, cleave the bone.



The chicken feet are removed by cutting exactly through the joint, so the tendons remain affixed to the end of the bone. There is nothing that spoils an order of fried chicken more than to have a splintered end of the bone sticking out of the leg. If the tendons remain affixed to the joint, the chicken will not shrink up while it is being fried.

Next, remove the wing from the breast. Again, the separation must be made at the joint. Cut the wing off, leaving as much of the flesh on the wing as possible.

Next, wash the chicken thoroughly, removing all the liver lites that "light reddish substance" that is on the bony structure inside of the breast cavity. The chicken is then ready for processing.

You are now faced with the most important decision and that is "how to fry the chicken". I urge that in making this decision you consider your customers. Do they become impatient after a short wait? If they do, perhaps you should not fry the chicken from raw to done in one operation because this requires 12 minutes. Above all things we must remember that the customer should receive his order and should have something to eat before his patience is completely exhausted because if we exhaust his patience it matters little how much care has been taken to prepare the chicken – he is not in a good mood to appreciate it. Therefore, it is desirable that we give very fast service, and usually it is, perhaps we should resort to one of the

two accepted methods of preparing the chicken so that we can serve it to the customer within 3 or 4 minutes after his order is received in the kitchen. Before giving you the 3 recipes for fried chicken I want to point out one mistake which is commonly made by the restaurant operators, and that is they decide to fry the chicken from the raw to done, feeling that is is the best possible order of fried chicken. Then immediately they proceed to try to reduce the frying time.

Literally hundreds of the operators have bragged to me that they can fry chicken from raw to done in 7 minutes. It is indeed discouraging to have them tell me this because I know from previous experience that in a short time they will have no chicken business left. You can sell rare beef, you can sell seafood which is not over-cooked, but when it comes to chicken, if you sell the customer so much as a single order of chicken which is not thoroughly cooked, you will lose that customer forever-he will not give you a second chance.

If you elect to fry the chicken from raw to done, bear in mind you are electing to fry the chicken for 12 minutes.

#### **RAW TO DONE:**

A dredging flour must be prepared consisting of:

- 2 Cups Gold Medal All-Purpose Flour
- 2 Tablespoons dry powdered milk
- 2 Tablespoons salt
- 1/2 teaspoon of white pepper

These ingredients can be prepared ahead and stored in large quantities.

About 1 hour before service (but not over 1 hour) the chicken should be laid out on pans and salted liberally on both sides and then peppered liberally on both sides. The salt draws moisture from the chicken causing the dredging coat to adhere.

When orders are received, place sufficient chicken to fill the orders grouped in a batch in a heavy paper bag or a shortening can, dump in about 1 cup of dredging coat and shake chicken and bag or can vigorously about 10 shakes.

Remove the chicken and place piece by piece directly in the fryer which is set at 305°F, set the timer for 13 minutes and after the 13 minutes remove and serve immediately, or place in the Keep Krisp for service within 1 hour.

#### **CHICKEN PRECOOKED BY PREFRYING:**

In the afternoon prepare the chicken exactly as described above except the timer should be set for 8 minutes. After the chicken is fried at 325°F for 8 minutes, it is removed and permitted to cool.

For service place in fryer at 335°F for 5 minutes for immediate service.

#### **CHICKEN PRECOOKED BY STEAMING:**

Use an 18 quart pressure cooker. Place in the bottom the following:

- 1 pint of water
- 1 bay leaf
- 1 small onion or part of a large one the tops from one bunch of celery

Place the rack in the pressure cooker. Take the servings of chicken, lay in pans, salt both sides very heavy, pepper both sides very heavy.

Place the rack in the pressure cooker. Stack chicken in pressure cooker. It will hold 1 dozen 33# per dozen chickens if disjointed or quartered. Place all dark meat in the bottom of the pressure cooker. Place cover on pressure cooker, bring pressure up to 15 lbs. square inch as rapidly as possible and cook chicken for 11 minutes. Remove from fire, release pressure, when pressure is "0" open cooker, place in pans for service that same day (if any is left, wrap in foil and freeze for future service). Do not hold left-over chicken in refrigerator, it dries out.

Dip chicken in a batter consisting of:

- 2 Cups Gold Medal All-Purpose Flour
- 2 Tablespoons of dry powdered milk
- 2 Tablespoons of salt
- 1/2 teaspoon white pepper
- 1 3/4 Cups of water

Drain the chicken over the batter a moment. Drop directly in fryer at 335°F. Fry for 3 1/2 minutes and serve.