

# New England Fried Shrimp

4 servings

Active Time: 20 minutes

Total Time: 20 minutes

## Ingredients

- 1 cup pale ale, or other light-colored beer
- 1 cup whole-wheat pastry flour, (see Ingredient Note) or all-purpose flour
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt, divided
- 2 tablespoons canola oil, divided
- 1 pound raw shrimp, (13-15 per pound; see Ingredient Note), peeled and deveined, tails left on
- Freshly ground pepper, to taste

## Preparation

1. Whisk beer, flour, mustard and 1/4 teaspoon salt in a medium bowl until smooth.
2. You'll need to cook the shrimp in two batches. Wait to batter the second batch until the first is cooked. For the first batch, heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Hold shrimp by the tail and dip in the batter one at a time. Let any excess batter drip off, then add the shrimp to the hot oil, making sure they aren't touching. Cook, turning once and adjusting the heat as necessary to prevent burning, until golden brown on the outside and curled, 3 to 4 minutes total. Transfer to a platter.
3. Wipe out the pan. Add the remaining 1 tablespoon oil to the pan and heat over medium-high. Batter and fry the remaining shrimp. Season all the shrimp with the remaining 1/4 teaspoon salt and pepper and serve immediately.

## Nutrition

**Per serving:** 213 calories; 9 g fat ( 1 g sat , 5 g mono ); 172 mg cholesterol; 7 g carbohydrates; 0 g added sugars; 24 g protein; 1 g fiber; 351 mg sodium; 210 mg potassium.

