

Beer-Battered Nuggets

Instructions & Ingredients

Preparation of the Nuggets:

A nugget is a bite-size morsel from the list of optional nugget ingredients. You can use one ingredient alone or in combination with others ingredients. (One pound of nuggets will yield 4-6 servings.)

Optional Nugget Ingredients:

Raw shrimp (shelled and deveined)

Chicken or turkey breasts (skinned and deboned); cut into nugget sizes

Turkey or chicken thighs (skinned and deboned); cut into nugget sizes

Large peeled potatoes cut into 3/16 inch thick slices

Large peeled sweet potatoes cut into 3/16 inch thick slices

Mushroom caps

Bermuda onions cut and separated into rings

Cauliflower heads

Broccoli heads

Preheat Canola Oil or equivalent cooking oil. Add a few drops of sesame oil for flavor. Use a good thermometer and bring the cooking oil to 370 degrees F.

Beer Battering the Nuggets:-

1 lb. nuggets

1 c. flour

1 t. baking powder

1/2 t. salt

1 whole beaten egg

1/2 c. beer

Sift flour, baking powder and salt into a bowl. Beat in egg and beer. Dip nuggets in batter, coating them well. Fry the nuggets in cooking oil until browned. Drain on paper towels and keep warm.

Sweet-and-sour Pineapple Sauce for Shrimp or Chicken Nuggets:

1 T. cornstarch 1 t. salt 1 T. sugar 4 T. vinegar 1/2 c. pineapple juice 1 c. pineapple chunks

Mix the cornstarch, sugar and salt with the vinegar. Add pineapple juice. Cook over low heat, stirring steadily, until thickened. Arrange the batter fried nuggets and pineapple chunks on a dish and pour sauce over all.