

Prawns Szechwan

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 2 to 3 servings

*1 teaspoon cornstarch
2 tablespoons vegetable oil
1/2 cup uncooked prawns,
shelled
1/2 teaspoon garlic, minced
1/2 teaspoon peeled ginger
root, grated
2 tablespoons scallions,
thinly sliced
1 teaspoon dried chili
peppers
2 tablespoons Chinese rice
wine or dry sherry
1 tablespoon ketchup
pinch sugar
3 drops sesame seed oil*

Blend the cornstarch with two tablespoons of water until smooth. Set aside.

Place a wok (or large skillet) over high heat. add the oil. When the oil is hot, add the prawns, garlic, ginger root, scallions and chili peppers. Stir fry for 2 minutes.

Add the wine, ketchup, sugar and cornstarch mixture. Continue to stir fry until the shrimp is pink and done (do not overcook). Add the sesame oil. Toss to blend flavors.

Per Serving (excluding unknown items): 273 Calories; 27g Fat (88.0% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 180mg Sodium. Exchanges: Grain (Starch); 1/2 Vegetable Fat; 1/2 Other Carbohydrates