

What a nice light supper, this was. I loved how quick and easy it was to make this dish. Serve this crisp & creamy little pastry shells with Caesar salad and fresh fruit.

### Fried Stuffed Pastries - Nems

- 2 cups flour
- 2 tsp. salt
- 1/2 cup shortening
- 1 egg yolk
- 1/4 cup water
- 1/2 cup cooked diced pork, chicken or beef
- 1/2 cup sliced mushrooms
- 1/4 lb. crab meat
- 1/2 cup cooked vermicelli or fine noodles
- 1/2 tsp. freshly ground black pepper
- Fat for deep frying

Sift the flour and ½ teaspoon salt into a bowl. Cut in the shortening with a pastry blender or 2 knives. Beat the egg yolk and water and add, tossing lightly until a ball of dough is formed. Chill 1 hour.

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Chop together until very fine the meat, mushrooms, crab meat, vermicelli, egg, remaining salt, and pepper. Roll out the dough ¼-inch thick and cut into 6-inch circles. Place some of the filling on one end, turn ends in and roll up like a jelly roll. Moisten edges with egg white or water to seal. Heat the fat to 365 degrees and fry 2 or 3 rolls at a time for 10 minutes, or until browned. Drain and keep warm while preparing the balance.



When you are eating out, try to think about "EVERYDAY FOODS" and "SOMETIMES FOODS". If you find that you are eating fast food options, make healthier choices and save the French fries for a Friday treat.

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