

L6 · ST. LOUIS POST-DISPATCH LET'S EAT M 1 · WEDNESDAY · 11.10.2021

WRAP STARS

This twist on 2 classic apps brings the bacon-wrapped shrimp and onion rings to the table. The two ingredients seem to disappear more quickly than you think. The wrapper is so easy to eat, you'll be the first to go. They're just irresistible. Play around with the seasonings and dipping sauces for some variations. And, of course, you can't go wrong with just dipping in the hot butter.

How do I keep the bacon crispy?
No one likes soggy bacon. To get the bacon extra crispy, give it a head start by partially wrapping it in the center before wrapping the shrimp. Before you start wrapping the shrimp, zip-wrap the center half into the oven to get it piping hot. The reason? When you place the bacon-wrapped shrimp in the hot butter, it'll get a size zap on the bacon while the top gets crispy under the broiler.



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Bacon-Wrapped Shrimp

Yield: 4 servings

- 9 to 10 slices center-cut bacon (about 9 ounces)
- 2 tablespoons kosher salt
- 2 tablespoons freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons smoked paprika

- 1 pound raw large shrimp (16 to 20 per pound), thawed if frozen, peeled and deveined
- Cooking spray
- Lemon wedges (optional)

Notes: You can cook the bacon, wrap the shrimp, and refrigerate in an airtight container overnight. Heat a large skillet over medium heat for about 30 minutes, then add the shrimp on the baking sheet. This will cook the top of the shrimp and the bottom will become crisp and golden. For extra crispiness, broiling on the side of your oven dryer, cook in broiler for 5 to 10 minutes until it is really crispy.

• **4-ounce portions:** In an airtight container for up to one day. Fry in oil or air fryer temperature. Broiling the shrimp is not recommended, as the shrimp will become hard and rubbery. A large piece in the middle of the oven and heat the oven to 375 degrees. Cut each bacon piece in half lengthwise, creating two 4-inch pieces.

• **How to season shrimp:** Use a ziplocking bag and shake for 1 minute. The bacon will start to render its fat and it'll season the shrimp. Alternatively, you can use salt, black pepper, garlic powder and lemon wedges in a smaller bowl and mix to combine. Add powdered pepper and dehydrated shrimp and toss to coat.

• **Reverse the shrimp:** Flip the shrimp to the other side of the oven to cook.

• **Tip:** To make it easier to flip, wrap all the shrimp and cook them until the oven is hot while you wrap the shrimp.

• **Tip:** To keep the shrimp from getting soggy, use a paper towel to blot the shrimp.

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Beef, onion, mushroom and onion rings
Beef, onion, mushroom and onion rings are a classic combination. The onion rings are a great accompaniment to the beef. The onion rings are a great accompaniment to the beef. The onion rings are a great accompaniment to the beef. The onion rings are a great accompaniment to the beef.

How to make bacon-wrapped onion rings
To make the onion rings, you'll need a small bowl of oil. You'll need a small bowl of oil. You'll need a small bowl of oil. You'll need a small bowl of oil. You'll need a small bowl of oil. You'll need a small bowl of oil.

My honest review
I've only had one bacon-wrapped onion ring since my kitchen was remodelled, but they were delicious. I will definitely be making these again as a quick snack for work or late nights, and even as a gift to my family for their 1st birthday. The onion rings are a great accompaniment to the beef. The onion rings are a great accompaniment to the beef.

My No. 1 tip
Keep your onion rings hot. You want to eat them while they are still hot. If you eat them when they are cold, they will lose their crunch. The onion rings are a great accompaniment to the beef. The onion rings are a great accompaniment to the beef.

Bubbling with deliciousness

Stew an ancient, economical dish that can be prepared in a variety of ways

Stew is as old and varied as the history of cooking itself. From the time man began boiling water, food historians believe some in some form was being made. In simple terms, stew is a combination of ingredients — a body of liquid — beefed together.

Stew parties were invented about 10,000 years ago, boiling heads were done in medieval times and animal parts were a primary source of protein. Today, our best stew pot is a large, cast-iron Dutch oven, but any large pot will work.

Boiling meat in liquid over low heat represents a slow cooking method to become tender and succulent. In the "old" days — before we had access to meat in our local grocery markets — stew was made from all parts of animals, including bones and lard.

The addition of vegetables, beans, grains, herbs and spices provides variety in flavor and texture.

Using wine, beer, stock or stock in place of water provides additional flavor and has proven to be one of the most popular stews. Hungarian goulash.

Irish stew and beef bourguignon are examples of stews that have turned into all parts of the Western world.

Fish stews are common in coastal regions worldwide. From Pomodoro Tomatino in Italy to Fish Stew in New England, fish stews are a staple in many cultures. They are made with fish and vegetables, usually with a tomato-based sauce. They are made with fish and vegetables, usually with a tomato-based sauce. They are made with fish and vegetables, usually with a tomato-based sauce.

At the end of the day, stew can be made however and with whatever ingredients the cook desires. They are one of the most economical meals because you can prepare them with whatever you have on hand. They are made with fish and vegetables, usually with a tomato-based sauce.



Notes: To keep the stew from getting soggy, use a paper towel to blot the stew. The stew is a great accompaniment to the beef. The stew is a great accompaniment to the beef.

Beer-Braised Beef Stew

Yield: 4 to 6 servings

- 1 tablespoon olive oil
- 2 pounds beef stew meat
- 2 tablespoons kosher salt
- 2 tablespoons black pepper
- 1 cup all-purpose flour
- 3 yellow onions, peeled and roughly chopped
- 2 celery stalks, roughly chopped
- 2 garlic cloves, peeled

- 1 tablespoon dried thyme
- 2 tablespoons tomato paste
- 2 cups beef stock, unapricated
- 2 bottles (12 ounces each) dark beer
- 1 tablespoon Worcestershire sauce
- 4 large carrots, roughly chopped
- 1 medium gold potato, peeled and roughly chopped
- 1 cup frozen peas (optional)

Notes: This recipe has been prepared from your local butcher's notes. You can use any beef you like. The beef is a great accompaniment to the beef. The beef is a great accompaniment to the beef.

1. Preheat your oven to 350 degrees. Heat the oil in a Dutch oven over medium heat. Sprinkle the beef evenly with the salt and pepper. Sear the beef on all sides. Cook the beef cubes on the flat side for 2 to 3 minutes, and brown on all sides. Add the onions, celery, carrots and garlic to the pot. Cook for 5 to 10 minutes until the onions begin to brown. Add the flour to the pot and mix well. Add the beer and stock. Bring to a boil. Simmer for 1 1/2 to 2 hours. Add the carrots and potatoes to the pot. Cook for 15 to 20 minutes. Add the peas and serve.