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# Shrimp Toast with Mustard Dipping Sauce

From a cooking class I took in the 1970s



6 slices white bread, crusts removed, cut into 1-inch squares (use day-old, preferably)

**FILLING/TOPPING:**

2 tablespoons cornstarch

2 tablespoons green onions, finely minced

1/2 cup fresh shrimp (or crab) minced

1 tablespoon sherry

1 1/2 teaspoons salt (optional)

2 whole egg whites, beaten until foamy

Peanut oil for frying (about 1/2 cup) - or vegetable oil

**HOT MUSTARD SAUCE:**

3 tablespoons dry mustard

rice wine vinegar - add enough to make a wet dipping sauce

**Yield: 36 pieces**

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*Per Serving (excluding unknown items): 88 Calories; 1g Fat (15.1% calories from fat); 6g Protein; 12g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 537mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

**Servings: 8**

1. **FILLING:** Combine all ingredients except the egg whites and mix thoroughly. Everything must be minced up finely. Just before you're ready to start frying, add foamy egg whites and mix in gently, but thoroughly.

2. Prepare frying pan. Ideally, heat an electric skillet to 360° and add enough oil to about 1/4 inch deep. You may also use a neutral oil, but the peanut oil imparts a lovely flavor.

3. Spread the filling on top of each toast piece and spread to the edges.

4. When the oil is hot, fry the toasts filling side **DOWN** until the edges have turned golden brown, about 30-45 seconds. It's not necessary to fry the other side, but if you prefer, you can, but it won't take long. Remove toasts and drain on paper towel for about 5 minutes.

5. Meanwhile, mix up mustard sauce by combining the dry mustard with rice wine vinegar until it's the consistency of a slurry. Place in a small flat plate or a wide, but small bowl for dipping.

6. Serve toasts hot with the mustard sauce.

7. **LEFTOVERS:** They can be reheated in a 300° oven for about 10 minutes - but they won't be crispy.