

Louisiana Shrimp PoBoy Sandwich

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FOR THE SHRIMP

1 cup all-purpose flour
3/4 cup cornmeal
1 tablespoon salt-free Cajun seasoning
Kosher salt
freshly ground pepper
1 1/2 cups whole milk
1 teaspoon hot sauce (Louisiana-style)
1 pound medium shrimp, peeled, deveined and patted dry
vegetable oil (for frying)
FOR THE REMOULADE
1/2 cup mayonnaise
2 tablespoons dill pickles, minced
2 tablespoons shallot or sweet onion, minced
2 tablespoons hot sauce (Louisiana-style)
Kosher salt
freshly ground pepper
4 French-bread rolls, split
shredded lettuce (for serving)
sliced tomatoes (for serving)
hot sauce (Louisiana-style) (for serving)

Preparation Time: 25 minutes

Make the shrimp: In a medium bowl, whisk the flour, cornmeal, Cajun seasoning, one tablespoon of salt and one teaspoon of pepper.

In a large bowl, stir together the milk and hot sauce. Add the shrimp.

Working in batches, remove the shrimp from the milk mixture, letting the excess drip off, and add to the bowl with the flour mixture. Toss to coat. Transfer to a plate. Refrigerate for 15 minutes or let the coating set.

Meanwhile, make the remoulade: In a small bowl, combine the mayonnaise, pickles, shallot and hot sauce. Season with salt and pepper.

Fry the shrimp: Line a baking sheet with paper towels. Preheat the oven to 350 degrees. In a large heavy pot over medium heat, heat two inches of vegetable oil until a deep-fry thermometer registers 360 degrees. Working in batches, fry the shrimp until golden brown and crisp, 2 to 3 minutes. Remove to the prepared baking sheet with a slotted spoon. Season with salt. (Adjust the heat as needed between batches.)

Meanwhile, place the rolls on a baking sheet. Bake until toasted, about 5 minutes. Spread the remoulade on the cut sides. Fill with lettuce, the shrimp and tomatoes.

Serve with more hot sauce.

4

Per Serving (excluding unknown items): 2332 Calories; 116g Fat (44.7% calories from fat); 127g Protein; 197g Carbohydrate; 11g Dietary Fiber; 778mg Cholesterol; 1730mg Sodium. Exchanges: 11 1/2 Grain(Starch); 13 Lean Meat; 0 Vegetable; 1 1/2 Non-Fat Milk; 10 Fat.