

Shrimp Corn Cakes with Soy Mayo

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Preparation Time: 30 minutes

Cook time (per batch): 5 minutes

1/2 cup mayonnaise

1 tablespoon reduced-sodium soy sauce

1 tablespoon ketchup

2 teaspoons Dijon mustard

1/2 teaspoon garlic powder

1/2 teaspoon hot pepper sauce (optional)

1/8 teaspoon pepper

SHRIMP CORN CAKES

1/2 cup (1 small) onion, chopped

1 tablespoon oil

2 cloves garlic, minced

1/2 pound uncooked, peeled and deveined shrimp, finely chopped

3/4 cup all-purpose flour

1/4 cup cornmeal

1 tablespoon cornstarch

1 teaspoon baking powder

1/4 teaspoon salt

1/4 teaspoon pepper

1 cup cream-style corn

1 cup whole kernel corn

1 egg, lightly beaten

additional oil for frying

In a small bowl, combine the mayonnaise, soy sauce, ketchup, mustard, garlic powder, pepper sauce and pepper. Cover and chill until serving.

In a large skillet, cook and stir the onion in one tablespoon of the oil over medium-high heat until tender.

Add the garlic. Cook 1 minute longer.

Add the shrimp. Cook and stir until the shrimp turns pink. Remove from the heat.

In a large bowl, mix the flour, cornmeal, cornstarch, baking powder, salt and pepper.

In a small bowl, mix the corn, egg and the shrimp mixture. Stir into the dry ingredients just until moistened.

In an electric skillet, heat 1/4-inch of oil to 375 degrees.

In batches, drop the corn mixture by rounded tablespoonfuls into the oil. Fry for 1 1/2 minutes on each side or until golden brown. Drain on paper towels.

Serve with the sauce.

Yield: 2 dozen cakes w/1 cup sauce

Per Serving (excluding unknown items): 1552 Calories; 114g Fat (64.0% calories from fat); 23g Protein; 122g Carbohydrate; 7g Dietary Fiber; 251mg Cholesterol; 2626mg Sodium. Exchanges: 7 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 11 Fat; 1/2 Other Carbohydrates.