



Fried Crispy Shrimp Skewers

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



1213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 teaspoon fish sauce
- ☐ 1 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon ground pepper hot (togarashi)
- ☐ 12 servings kosher salt black
- ☐ 1 tablespoon juice of lime
- ☐ 1.5 cups panko bread crumbs

- ☐ 1.5 quarts vegetable oil; peanut oil preferred
- ☐ 1 tablespoon pepper red
- ☐ 0.5 cup rice vinegar
- ☐ 12 servings spring onion sliced
- ☐ 0.3 cup sesame seed
- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 cup sugar

Equipment

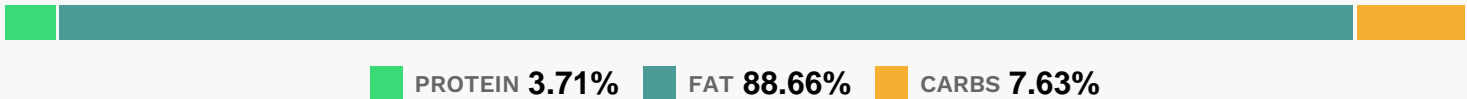
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ wok
- ☐ skewers
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ put sugar in small heavy-bottomed saucepot and add 2 tablespoons water to form a wet sand consistency. Cook over high heat until sugar turns a pale golden color, about 5 minutes total. Immediately add vinegar (mixture will bubble rapidly).
- ☐ Add fish sauce, pepper flakes, and garlic, and cook, stirring with a whisk until reduced to 1/2 cup and mixture is slightly syrupy.
- ☐ Remove from heat and allow to cool.
- ☐ Add lime juice and chives. Store sauce in covered container in the fridge for up to 2 weeks.
- ☐ Place shrimp flat on cutting board, leg-side down and press down until it lies flat and straight. Insert a wooden skewer from the tail to the head. Shrimp should be as straight as possible on skewer.

- ☐ Set up a breeding station: Put flour in one shallow dish, beaten eggs in second, and combine panko, sesame seeds, pepper, 1 teaspoon salt, and 1/2 teaspoon black pepper in third shallow dish. Working one skewer at a time, dredge lightly in flour and shake off excess. Dip in egg and turn until evenly coated.
- ☐ Place in bread crumb mixture and press with bread crumbs until well-coated. Repeat with remaining skewers.
- ☐ Heat oil in a large wok or Dutch Oven over high heat until it registers 350 degrees on an instant-read thermometer.
- ☐ Add shrimp and cook, flipping and agitating regularly until golden brown and crispy and shrimp is cooked through.
- ☐ Transfer shrimp to paper-towel lined baking sheet and turn to blot out oil. Season with salt. Wipe skewers with clean paper towel.
- ☐ Serve immediately with sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:11.83, Inflammation Score:-5, Nutrition Score:11.83826083204%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 1212.97kcal (60.65%), Fat: 121.4g (186.77%), Saturated Fat: 20.61g (128.8%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 22.08g (8.03%), Sugar: 9.1g (10.11%), Cholesterol: 88.14mg (29.38%), Sodium: 356.19mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.84%), Vitamin E: 19.01mg (126.73%), Copper: 0.33mg (16.49%), Phosphorus: 144.42mg (14.44%), Vitamin K: 14.65µg (13.95%), Manganese: 0.27mg (13.39%), Selenium: 9.12µg (13.03%), Vitamin B1: 0.19mg (12.56%), Iron: 1.9mg (10.53%), Folate: 38.16µg (9.54%), Magnesium: 34.19mg (8.55%), Calcium: 82.5mg (8.25%), Vitamin B2: 0.14mg (8.11%), Vitamin A: 367.43IU (7.35%), Zinc: 1.1mg (7.34%), Vitamin B3: 1.4mg (6.99%), Fiber: 1.43g (5.72%), Potassium: 187.62mg (5.36%), Vitamin B6: 0.08mg (3.9%), Vitamin B5: 0.22mg (2.15%), Vitamin C: 1.72mg (2.08%), Vitamin B12: 0.09µg (1.57%)