



## Jalapeno Shrimp Popper Cupcakes

READY IN



135 min.

SERVINGS



24

CALORIES



507 kcal

### Ingredients

- 2 tablespoons double-acting baking powder
- 2 cups buttermilk
- 1 cup cheddar extra-sharp grated
- 12 ounces cream cheese cold
- 3 extra large eggs lightly beaten
- 3 cups flour all-purpose
- 1 jar jalapeno jelly (at least 6 ounces)
- 3 tablespoons jalapeno jelly
- 0.5 cup pickled jalapeno pepper juice
- 2 tablespoons jalapeño peppers fresh minced seeded

- 3 jalapeño peppers
- 4 tablespoons pickled jalapeño peppers minced
- 1 tablespoon jalapeno sauce hot
- 6 ounce parmesan shredded
- 24 servings pepper freshly ground
- 48 small shrimp deveined peeled
- 1 tablespoon shrimp paste
- 24 sheets colored soy paper red
- 0.3 cup sugar
- 6 cups sugar
- 2 tablespoons tomato paste
- 2 sticks butter unsalted melted
- 1 cup cornmeal yellow

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- hand mixer
- toothpicks
- wooden spoon
- spatula
- ice cream scoop
- slotted spoon
- pastry bag

- pastry brush
- candy thermometer

## Directions

- For the cupcakes: Preheat the oven to 350 degrees F. Using a whisk, combine the flour, cornmeal, sugar and baking powder in a large bowl. In a medium bowl, combine the buttermilk, pickled jalapeno juice, pickled and fresh jalapenos, eggs and butter. With a wooden spoon, stir the wet ingredients into the dry until most of the lumps are dissolved. Don't over mix! Fold in the grated Cheddar. Line two 2 dozen mini-cupcake pans with the edible soy paper wrappers (or use paper wrappers). No need to spray the pans.
- Fill the prepared pans with the batter three-quarters of the way full using a small ice cream scoop.
- Bake until a toothpick comes out clean, about 9 minutes.
- Remove the cupcakes from the pans when cool to the touch.
- Heat the jalapeno jelly in small pot until melted. Using a pastry brush, glaze the cupcakes with the jalapeno jelly, making sure not to glaze the wrappers. Set aside until assembly.
- For the mousse: In large bowl, beat the cold cream cheese using a hand mixer until smooth.
- Add the tomato paste, shrimp paste, jalapeno sauce and black pepper to taste.
- Mix until thoroughly incorporated. Taste and adjust the seasoning. (No need to add salt! Shrimp paste is salty enough.)
- Place in a pastry bag fitted with a small star tip and chill in the refrigerator until ready for assembly.
- Heat a large nonstick saute pan sprayed with a thin layer of oil spray on medium heat. With your fingers, lay out in a single layer 1-inch diameter circles (about 1 tablespoon) of the Parmesan.
- Heat until they bubble and are golden yellow around the edges. Carefully lift out of the pan with a spatula, set off to a silicone baking mat and reserve until ready to garnish.
- Combine 3 cups of the sugar and 1/2 cup water in a saucepan over high heat. Bring to a boil and cook until the temperature reaches 230 degrees F on a candy thermometer, about 3 minutes. Wearing gloves, cut the jalapenos lengthwise into 1/4-inch strips.
- Place in a medium pot and cover with 4 cups cold water.

- Heat on high until the water comes to a boil. Allow to boil until the peppers are vibrant green, about 3 minutes. Using a slotted spoon, transfer to the sugar syrup. Simmer until the jalapenos are tender to the bite, blistered and emerald green, about 15 minutes.
- Remove from the syrup. Cover a baking sheet with the remaining 3 cups sugar and roll the jalapenos until covered in sugar. Allow to dry in the sugar until hard. Set aside for assembly.
- For the shrimp: Thaw, rinse, drain and pat the shrimp dry.
- Heat a large nonstick saute pan sprayed lightly with oil spray.
- Add the jalapeno jelly and heat until liquid.
- Add the shrimp and toss until warmed through and thoroughly glazed. Set aside to cool or they will melt the savory cream cheese mousse. Reserve for assembly.
- To assemble: Pipe the glazed cupcakes with cream cheese tomato shrimp mousse. Top with a cheese tuile, sauteed glazed shrimp and finish with a candied jalapeno.
- Serve on a small clear plastic plate.

## Nutrition Facts



■ **PROTEIN 10.04%**  
 ■ **FAT 33.25%**  
 ■ **CARBS 56.71%**

### Properties

Glycemic Index: 28.86, Glycemic Load: 48.92, Inflammation Score: -5, Nutrition Score: 9.3530434940172%

### Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

### Nutrients (% of daily need)

Calories: 507.49kcal (25.37%), Fat: 19.15g (29.46%), Saturated Fat: 10.64g (66.52%), Carbohydrates: 73.47g (24.49%), Net Carbohydrates: 72.13g (26.23%), Sugar: 55.63g (61.81%), Cholesterol: 111.66mg (37.22%), Sodium: 399.69mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.01%), Calcium: 239.31mg (23.93%), Phosphorus: 218.77mg (21.88%), Selenium: 13.24µg (18.92%), Vitamin B2: 0.25mg (14.56%), Vitamin A: 717.61IU (14.35%), Vitamin C: 9.65mg (11.7%), Vitamin B1: 0.17mg (11.11%), Folate: 40.38µg (10.1%), Manganese: 0.19mg (9.43%), Iron: 1.49mg (8.28%), Zinc: 1.22mg (8.15%), Copper: 0.15mg (7.41%), Magnesium: 28.35mg (7.09%), Vitamin B3: 1.29mg (6.43%), Vitamin E: 0.92mg (6.12%), Vitamin B6: 0.12mg (5.9%), Vitamin B12: 0.34µg (5.61%), Potassium: 193.79mg (5.54%), Fiber: 1.33g (5.34%), Vitamin K: 4.86µg (4.63%), Vitamin B5: 0.46mg (4.61%), Vitamin D: 0.6µg (4.03%)