



Shrimp Dumplings

READY IN

ready

75 min.

SERVINGS

servings

12

CALORIES

calories

258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 can coconut milk
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 12 cilantro leaves
- ☐ 12 round dumpling wrappers
- ☐ 1 eggs beaten
- ☐ 0.5 cup grapeseed oil
- ☐ 1.5 cups heavy cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon

- ☐ 1 slices mango as accompaniment
- ☐ 12 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.1 teaspoon saffron threads
- ☐ 12 medium shrimp deveined uncooked peeled
- ☐ 7 thai bird chiles seeded
- ☐ 2 tablespoons white wine
- ☐ 2 teaspoons sambal oelek
- ☐ 2 teaspoons sambal oelek

Equipment

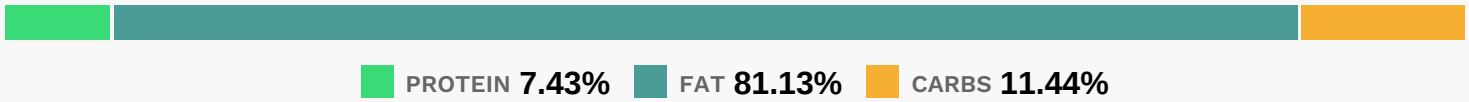
- ☐ food processor
- ☐ baking sheet
- ☐ whisk
- ☐ pot
- ☐ wok
- ☐ pastry brush

Directions

- ☐ Special equipment: A small food processor
- ☐ Pull 1 wrapper off the stack and place on a flat work surface.
- ☐ Lay 1 cilantro leaf in the center of the wrapper, followed by 1 shrimp curled into a circle.
- ☐ Drizzle 1/8 teaspoon of the Chili Oil on top of the shrimp.
- ☐ Egg wash with a pastry brush around the top edge of the wrapper. Fold in half, firmly pressing the edges together.
- ☐ Place the dumplings on a baking sheet dusted with semolina.
- ☐ Fill a wok with 2 cups of vegetable oil and bring oil to 350 degrees F. Cook the dumplings (3 or 4 at a time) for about 2 minutes, turning after 1 minute or when golden brown.
- ☐ Drain on absorbent paper.

- ☐ Serve warm with mango slices and Saffron–Coconut Milk Sauce, along with Chili Oil on the side.
- ☐ Pulse the chiles, sambal and grapeseed oil in the food processor.
- ☐ Transfer to a squeeze bottle. Allow the flavors to infuse for at least 30 minutes prior to serving.
- ☐ Serve at room temperature.
- ☐ Place the saffron in the white wine and set aside for 20 to 30 minutes.
- ☐ Place the coconut milk and heavy cream in a small pot and over medium heat cook down by half.
- ☐ Whisk in the saffron wine, lemon juice, kosher salt, and cayenne pepper.
- ☐ Serve the sauce warm.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:5.9130434627118%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg, Hesperetin: 0.37mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 258.08kcal (12.9%), Fat: 23.83g (36.66%), Saturated Fat: 14.67g (91.69%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.6g (2.4%), Sugar: 2.2g (2.45%), Cholesterol: 64.03mg (21.34%), Sodium: 122.69mg (5.33%), Alcohol: 0.26g (100%), Alcohol %: 0.28% (100%), Protein: 4.91g (9.81%), Manganese: 0.37mg (18.73%), Vitamin A: 623.49IU (12.47%), Vitamin E: 1.4mg (9.32%), Selenium: 6.23µg (8.91%), Phosphorus: 87.81mg (8.78%), Vitamin C: 6.91mg (8.38%), Copper: 0.15mg (7.65%), Vitamin K: 7.5µg (7.14%), Vitamin B2: 0.11mg (6.28%), Iron: 1.01mg (5.63%), Magnesium: 21.26mg (5.31%), Potassium: 174.85mg (5%), Folate: 16.92µg (4.23%), Vitamin B1: 0.06mg (3.92%), Calcium: 39.05mg (3.9%), Fiber: 0.97g (3.86%), Zinc: 0.55mg (3.67%), Vitamin D: 0.55µg (3.66%), Vitamin B3: 0.73mg (3.64%), Vitamin B5: 0.21mg (2.12%), Vitamin B6: 0.04mg (2.04%), Vitamin B12: 0.08µg (1.36%)