

Shrimp Cakes

If the bottoms of your muffin cups are more than 2 inches across, slightly increase the amount of batter in each cake. For a vegetarian version, replace the shrimp with sliced cremini or shiitake mushrooms.

INGREDIENTS:

- Vegetable oil

The Rice Batter:

- 1 cup long-grain rice flour (see Note)
- ¼ cup coconut milk
- 1 teaspoon ground turmeric
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper, preferably white

The Filling:

- ½ cup bean sprouts, chopped into 2-inch lengths
 - 2 green onions, sliced
 - ½ pound medium shrimp, peeled and deveined
 - Salad Plate (see instructions)
 - Nuoc Cham Dipping Sauce (see recipe)
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INSTRUCTIONS: Preheat oven to 375°.

Brush or spray the cups of two 12-cup muffin tins with oil.

Combine the rice flour, coconut milk, turmeric, salt and pepper in a

bowl. Add 1 cup water and whisk until smooth.

Pour 2 tablespoons of batter into each muffin cup (you may not fill every cup). Divide the bean sprouts among the cakes, sprinkle generously with green onions, and then top each with a shrimp. Brush or spray the tops of the cake with a light coat of oil.

Bake until the cakes are golden brown on the bottom and firm at the center, about 25 minutes. Let rest a few minutes in the pan, then transfer to a rack to cool slightly.

Serve with the Salad Plate and dipping sauce.

Serves 4

Note: Long-grain rice flour is available at Asian markets.

PER SERVING: 220 calories, 12 g protein, 33 g carbohydrate, 4 g fat (3 g saturated), 81 mg cholesterol, 236 mg sodium, 2 g fiber.