

Coconut Shrimp with Pineapple Salsa



From the Sensenig's Recipe Book

Ingredients

Shrimp:

28 large shrimp (about 1 1/2 pounds)
1/3 cup cornstarch
3/4 teaspoon salt
1/2 to 3/4 teaspoon ground red pepper
3 large egg whites
1 1/2 cups flaked sweetened coconut
Cooking spray

Salsa:

1 cup finely chopped fresh pineapple
1/3 cup finely chopped red onion
1/4 cup finely chopped fresh cilantro
1/4 cup pineapple preserves
1 tablespoon finely chopped seeded jalapeño pepper
1 1/2 tablespoons fresh lime juice
1/4 teaspoon black pepper

Preparation

Preheat oven to 400°.

To prepare shrimp, peel and devein shrimp, leaving tails intact. Rinse shrimp in cold water; drain on paper towels until dry.

Combine cornstarch, salt, and red pepper in a shallow dish; stir with a whisk. Place the egg whites in a medium bowl, and beat with a mixer at medium-high speed until frothy (about 2 minutes). Place coconut in a shallow dish.

Working with one shrimp at a time, dredge in cornstarch mixture. Dip in egg white; dredge in coconut, pressing gently with fingers. Place shrimp on a baking sheet coated with cooking spray. Repeat the procedure with remaining shrimp, cornstarch mixture, egg white, and coconut. Lightly coat shrimp with cooking spray. Bake at 400° for 20 minutes or until shrimp are done, turning after 10 minutes.

To prepare salsa, combine pineapple and remaining ingredients in a medium bowl; stir to combine.

Notes:

Source:

Cooking Light, April 2002