

## ***Shrimp Cakes with Corn Relish***

Courtesy of Carole's Creations

Prep Time: 15 minutes

Standing time: 30 minutes

Cooking Time: 12 minutes

Serves: 20-24 appetizers

**CChints:** This makes a light appetizer or meal for 4 made into about 10 cakes. Panko bread crumbs can be found on the Asian aisle of your supermarket.

They add a texture to the breading that you can't

get from flour. You can purchase your shrimp fresh or frozen. If you purchase it fresh, use it the same day. If you buy it frozen, put the shrimp in a bowl of warm water for 30-45 minutes to thaw.



### Cakes:

1 pound medium shrimp, peeled and deveined  
2 tablespoons olive oil, divided  
1 cup red bell pepper, diced  
1/4 cup celery, diced  
1 glove minced garlic, fresh or from a jar  
1/4 cup green onions, green parts thinly sliced  
3 tablespoons reduced fat mayonnaise  
1 tablespoon fresh lime juice (about 1 lime)  
1/2 teaspoon sugar  
1/4 teaspoon salt  
1/4 cup cilantro, finely diced  
3/4 cup panko bread crumbs, divided

### Relish:

1 cup frozen corn, thawed  
1 avocado, diced  
1/4 cup cilantro, finely diced  
1 peach or nectarine, diced  
3 tablespoons red onion, diced  
1 tablespoon fresh lime juice  
1/4 teaspoon salt

### Lime Tarter Sauce:

1/2 cup reduced fat mayonnaise  
1 tablespoon onion, minced  
Zest from 1 lime  
1 tablespoon fresh lime juice  
2 tablespoons minced dill pickles

Place the shrimp in a food processor and pulse 5-10 times until it is finely minced. If you have a mini-processor you might want to do this in 2 stages. Put the shrimp in a large mixing bowl. Wash the food processor and other items that touched the raw shrimp.

Heat a large non-stick skillet over medium and add the only 1 teaspoon of oil, peppers and celery. Do not use cooking spray on a non-stick skillet because it can damage the surface. Cook for 3-4 minutes, add the garlic and cook for 1 more minute. Pour into the large bowl of shrimp. Add the green onions and everything else down to the cilantro. Stir in 1/2 cup of the panko crumbs and blend well.

Line a baking sheet with plastic wrap for easy clean up. Use a tablespoon to measure out several small, bite-size cakes and put them on the baking sheet. If you are making these as a meal, divide the shrimp into 10 patties and place them on the baking sheet. Put them in the refrigerator for 30 minutes. During this time, wash your hands and prepare the rest of the recipe.

**Relish:** In a medium size mixing bowl, combine all the items needed except for the avocado. Avocado often turns a dark brown when exposed to the air for long periods of time, so add this right before serving. Right before serving cut the avocado by running a sharp knife lengthwise around the fruit. Gently pull apart to reveal a large round seed. Using your knife, tap the seed

with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Take one half at a time and slice the flesh in 3 equal sliced lengthwise and turn it sideways and make 4-5 slices. Use a spoon to lift out the flesh and it will come out already cut into pieces.

Lime Tarter Sauce: Mix all the items together in a small mixing bowl. Use a microplane to zest the lime before you cut into it for the juice. Only zest the green part of the peel, because the white part can be very bitter. The action of zesting will actually get the juices flowing inside the lime and make it easier to juice. Stir well and refrigerate until ready to serve.

Cakes:

Heat a large non-stick skillet 1 tablespoon of oil over medium heat. Add half of the shrimp cakes and cook for 2-3 minutes on each side or until golden. For the larger meal-size cakes cook 4 minutes on each side. Remove them from the pan and keep warm. Add the remaining oil to the pan and cook the rest of the cakes. Fold up the plastic wrap and through it away and you should have a clean baking pan.

Serve cakes with a size of corn relish and lime tarter sauce.