

Awesome Avocados || CCM® Staff || April 2009

Oven-fried Shrimp with Sesame Ginger

12 jumbo shrimp, peeled, tails on

1½ c panko*

¼ c sesame seeds, toasted

1 egg, beaten

1 tsp toasted sesame oil

Pinch of salt

Vegetable oil cooking spray

Sesame Ginger Guacamole (recipe follows)

Position rack in the middle of the oven and preheat broiler to 450° F.

In a shallow bowl, combine panko and toasted sesame seeds. In another similar-sized bowl, combine egg, sesame oil, and salt. Pat shrimp dry with a paper towel and then dip into the egg mixture one at a time; roll to coat. Transfer shrimp into the panko mixture and press crumbs onto both sides. Gently shake off excess, and lay flat on a baking sheet.

Spray tops of shrimp lightly with cooking spray, then

place baking sheet in the middle of preheated oven for 5 minutes. Flip shrimp over and spray top with cooking spray, and return to oven for another 5 – 7 minutes until shrimp are fully cooked and panko is golden brown. Serve immediately with Sesame Ginger Guacamole.

Sesame Ginger Guacamole

3 ripe Hass avocados, peeled and pitted

½ tsp toasted sesame oil

1½ Tbsp rice vinegar

1½ Tbsp ponzu sauce

1 Tbsp pickled ginger, chopped

½ tsp wasabe paste

Mash together all ingredients in a bowl with a fork until desired consistency is reached.

*Japanese-style bread crumbs