

Betty's Baked Coconut Shrimp with Jamaican Jerk Seasoning Recipe



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In this video, Betty demonstrates how to make light Baked Coconut Shrimp with Jamaican Jerk Seasoning (with the "help" of her grandson, Carter). This is a great alternative to fried shrimp. The shrimp is dredged in a Jamaican jerk seasoning mix, then dipped in egg white, dredged in a mixture of coconut, panko breadcrumbs, and paprika. Finally, it is sprayed with cooking oil spray and baked in the oven to a golden brown.

Ingredients:

- 1 pound unpeeled, raw large white shrimp
- 1 to 2 egg whites
- ¼ cup cornstarch
- 1 tablespoon Jamaican jerk seasoning
- 2/3 cup sweetened flaked coconut
- 2/3 cup panko breadcrumbs
- 1 teaspoon paprika
- cooking oil spray

Wash and peel 1 pound of shrimp, leaving the tails on, and set aside. In a small mixing bowl, beat or whisk 1 or 2 egg whites until frothy, and set aside. In a small, shallow dish, mix together ¼ cup cornstarch and 1 tablespoon Jamaican jerk seasoning, and set aside. In another small, shallow dish, mix together 2/3 cup flaked coconut, 2/3 cup panko breadcrumbs, and 1 teaspoon paprika, and set aside. Dredge shrimp, one at a time, in cornstarch mixture. Dip in egg whites, and dredge in coconut mixture. Place the shrimp on a broiler pan that has been sprayed with cooking oil spray. When all shrimp are placed on broiler pan, spray the top of the coated shrimp with cooking oil spray. Bake in a 425 degree oven for 10 to 12 minutes. (I baked mine for 10 minutes, and then turned the oven off and let them sit in the oven for a couple of minutes.) Serve immediately, while hot. I served mine with Curried Rice and Steamed Snow Peas, both of which will be on videos uploaded later. Enjoy!!!

Note: I received the Jamaican jerk seasoning as a prize in a contest from another YouTube member, Jimbo Jitsu, so "Thanks, Jimbo!" for that. I think all of you will find Jimbo Jitsu's channel interesting. If you have time, I think you will enjoy taking a look at his channel! --Betty ☐