

north carolina's
brunswick islands

Coconut (Un)Fried Shrimp

By: Karen Dombrowski, "Old Bridge Cookbook", [Old Bridge Historical Society](#)

Ingredients:

- ¼ cup orange marmalade
- 1 tablespoon fresh lemon juice
- 2 teaspoon whole grain mustard
- ½ teaspoon ground red pepper, divided
- ¼ cup all-purpose flour
- ½ teaspoon salt
- 2 large egg whites
- ¾ cup panko breadcrumbs
- ½ cup flaked coconut
- 2 tablespoons canola oil
- 1 ½ pound large shrimp, peeled and deveined

Directions:

1. Stir together orange marmalade, lemon juice, whole grain mustard, and ¼ teaspoon red pepper in a small bowl
2. Preheat oven to 375 degrees
3. Combine remaining ¼ teaspoon of red pepper, flour, and salt in a large ziplock bag
4. Whisk together egg whites and two tablespoons of water in a shallow dish
5. Combine panko breadcrumbs, coconut, and oil in a separate shallow dish.
6. Place shrimp in bag with the flour mixture and shake to coat well.
7. Dip shrimp in egg mixture and roll in coconut mixture.
8. Place a wire rack inside a large baking pan then coat the wire rack with cooking spray.
9. Arrange the shrimp in a single layer on the rack and bake for 5-7 minutes or until golden brown and cooked through.
10. Serve with sauce.