

Mango Shrimp Cakes with Avocado Aioli

Much of my cooking is based on intuition. I get an image (or flavor) in my mind, and I can't let it go until I bring it to fruition. That was certainly true for this dish. I've never eaten aioli made with avocado and mango, but somehow I knew that it was going to be delicious...and guess what?! *I was right!* This particular combination of vegetables, mango, and shrimp mixed into a cake was also new to me, but I could feel my cooking fairies urging me along.

My mom (who is not at all biased—hehe!) says this dish is the very best thing she's ever eaten. I hope you enjoy it as much as we do.

Shrimp Cakes

Makes 12 small fritters

¼ cup minced yellow onion
1/3 cup minced celery (from 2 stalks)
1/3 cup minced red bell pepper (from about ½ pepper)
1/3 cup minced mango (from about ½ fresh mango or use frozen*)
¼ tsp. chili flakes (optional)
1 tsp. artisanal salt (such as Himalayan or Celtic)
1 Tbsp. lemon juice (from ½ lemon)
1 Tbsp. olive oil
2 eggs, slightly beaten
1 lb. wild sustainable shrimp/prawns, diced
1 cup gluten-free breadcrumbs (made from 4 pieces of bread)*
avocado oil for frying (or other high-heat oil)

*Dry out four pieces of gluten-free bread (use white bread or one that does not have a strong flavor) in an oven at 200 degrees. Break into chunks and then blitz in a food processor fitted with chopping blade to create the crumbs.

In a large bowl, combine the onion, celery, bell pepper, mango, and chili flakes. Stir in the salt, lemon juice, and olive oil. Add the egg and stir to combine. Mix in the shrimp. Fold in the breadcrumbs. Roll the mixture into balls, approximately the size of a plum and gently press to form a “cake.” Panfry over medium to medium-high heat, approximately 3-5 minutes per side.

Avocado Aioli

2 cloves garlic, chopped
2 Tbsp. Olive oil
2 Tbsp. mayonnaise
1 Tbsp. lemon juice (from ½ lemon)
1 Tbsp. minced mango
1 avocado, peel and pit removed
¼ tsp. artisanal salt (such as Himalayan or Celtic)

Combine all ingredients in a food processor fitted with the chopping blade (same one you use to make the bread crumbs). Process until the aioli is smooth and unctuous. Mmm!