Yuka Corvette Kitchen Aug 2026

BUTTERFLY SHRIMP

Shrimp Prep

Diabetic Friendly

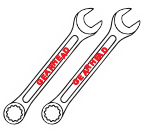
1.	10-15	Raw shrimp with tail.
2.	½ cup	Flour (Organic).
3.	¼ cup	Corn meal.
4.	¼ cup	Crushed bread crumbs (Orga[illegible]).
5.	2 Lg	Eggs (Pasture Raised).
6.	¼ cup	Heavy cream (Organic).
7.	½ cup	Avocado oil.
8.	1 Lg.	Egg (Pasture Raised).

Shrimp Sauce

1.	1 cup	Mayonnaise (Avocado oil).
2.	3 tbsp	Munk fruit sweetener.
3.	2 tbsp	Rice vinegar.
4.	2 tbsp	Melted butter(Organic).
5.	¾ tsp	Paprika.
6.	¼ tsp	Garlic Powder.

ASSEMBLY

Step 1. Prepare shrimp sauce and set aside.
Step 2. Clean and filet shrimp keeping the tail (Cut shrimp down the middle, of the back and unfold like a butterfly).
Step 3. In two bowls prepare the wet wash & the dry coating in second bowl.
Step 4. In a small fry pan add oil and heat to 350deg.
Step 5. Coat the shrimp in the wash followed by coating the shrimp in the dry mix.
Step 6. Fry shrimp in heated oil 3-5 minutes until cooked (Flipping shrimp).
Step 7. After frying, place cooked shrimp on a plate covered with paper towels.



30 min

Whole Foods Trader Joe's Costco Amazon