

FRENCH QUENELLE BUN *Po' Boy style with shrimp*



Entrée



French quenelles buns

Serves

8



Cooking time

35 MN



INGREDIENTS

- 8 French quenelles buns
- 20 shrimp
- 3 spoons mayonnaise
- 4 eggs
- 3.5oz flour
- 3.5oz cornstarch
- 5.3oz breadcrumbs
- 2 tomatoes
- 1/2 spoon whole-grain mustard
- 1/2 lime, juiced
- 1 spoon capers
- Cayenne pepper, pepper
- 1/4 iceberg lettuce
- Pickled gherkins

DIRECTIONS

PRÉPARATION

Shrimp :

- **Combine the flour and the cornstarch** and **season** with salt and a teaspoon of Cayenne pepper
- In another bowl, **beat the eggs** and **dip the peeled shrimp in, then in the flour and cornstarch mixture**. Shake the shrimp to remove any excess flour
- **Dip once again** in the egg, then finally in the breadcrumbs

Sauce :

- Mix the mayonnaise with the chopped capers, half a spoonful of mustard and the juice of half a lime

French quenelle bun :

- Preheat the oven to 210°C / 410°F
- Put the French quenelles buns on a baking sheet and bake for 35 minutes (To reduce cooking time, poach the bun in boiling water for 10min, then bake for 15min at 230°C / 445°F)
- Take them out from the oven and slice them lengthwise

Po'boy:

- Fry the shrimp for 3/4min at 180°C / 350°F. Dry well on a paper towel
- Garnish with tomato slices, finely chopped with iceberg lettuce and a few pickled gherkins. Add the sauce and the fried shrimp on top