RECIPE

Shrimp and Cabbage Griddle Cakes

Four thick cabbage pancakes with shrimp and scallion, bound with whole-wheat flour and egg and brushed with a small tomato and soy sauce made here, an easy dinner at about 450 mg of sodium a serving.

MAKES

4 servings US Metric

TOTAL

40 min

Ingredients

- [ ] 8 cups finely shredded green cabbage
- [ ] 1 cup chopped scallions, white and green parts
- [ ] 8 oz raw shrimp, untreated (label lists only shrimp; many bagged shrimp carry added salt or phosphate, see the note), peeled and deveined, chopped small
- [ ] 1 cup whole-wheat flour
- [ ] 4 large eggs
- [ ] ¼ tsp salt
- [ ] ½ tsp garlic powder
- [ ] ¼ tsp black pepper
- [ ] 2 tbsp olive oil for the pan
- [ ] 2 tbsp tomato paste, no salt added, for the sauce
- [ ] 1 tbsp reduced-sodium soy sauce, for the sauce

Method

1. Whisk the flour, ¾ cup water, eggs, salt, garlic powder and pepper in a large bowl until no dry flour shows. Stir in the cabbage, scallions and shrimp until every shred is coated. The batter is mostly cabbage, with just enough egg and flour to hold it.

2. Stir the tomato paste, soy sauce, vinegar, brown sugar, ginger and 2 tbsp water in a small bowl. This is the sauce, about ⅓ cup. It is not cooked.

3. Warm ½ tbsp of the oil in a 10-inch nonstick skillet over medium heat. Scoop in one quarter of the cabbage mixture (about 2 cups) and press it into a round about ¾ inch thick.

- [ ] 1 tbsp cider vinegar, for the sauce
- [ ] 1 tsp packed brown sugar, for the sauce
- [ ] ¼ tsp ground ginger, for the sauce
- [ ] ¾ cup water for the batter
- [ ] 2 tbsp water for the sauce

4. Cook 5 minutes, until the underside is deep golden. Slide it onto a plate, turn the skillet over the plate to flip it, and cook the other side 4 minutes. It is done when the shrimp are pink and opaque and a thermometer in the center reads 160 °F. If it is not there, cook 1 minute at a time.

5. Repeat with the remaining oil and batter, one pancake at a time, for 4 pancakes. Stir the batter first each time, since the liquid settles.

6. Spoon about 4 tsp of sauce over each pancake and serve hot.