

Sweet and Sour Shrimp Cups

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Grand Prize Winner

Sweet bites don't always need to come at the end of the meal. Sweet combined with savory is a flavor found across multiple cultures. Shrimp make great appetizers but a lot of times the sauces used can be packed full of unnecessary added sugar. This recipe is a twist on sweet and sour shrimp taking it from a main course to appetizer status, served in fun little wonton wrapper cups to stick with the Asian theme. The use of Splenda Naturals means no added sugars are necessary to give these little shrimp bites that hint of sweetness.

Yield: 24

Timing: Prep Time = 25 Total Time = 40 minutes



Ingredients

24 wonton wrappers
2 TBSP olive oil (plus extra as needed)
4 ounces no added salt tomato sauce
1 TBSP light soy sauce
3 TBSP rice vinegar
3 TBSP Splenda Naturals
2 small bell peppers (preferably one red and one green)
1 (8 oz) can pineapple chunks in 100% pineapple juice, reserve 1 TBSP juice
1 ¼ cup raw, peeled shrimp (cut into 2-3 pieces per shrimp)

Method of Production (Instructions)

1. Preheat the oven to 350° F.
2. Brush wonton wrappers with olive oil. Individually, press gently to line ungreased mini-muffin tins, oiled side up. Shape as needed to ensure the cup is open and can be filled with the shrimp mixture before serving. Bake for 10 minutes or until the edges are starting to brown. When finished allow to cool for 2-3 minutes in the pan before transferring to a cooling rack. Allow to cool fully before filling with the shrimp mixture. The remaining prep work for the filling ingredients can be done while the wonton cups are baking. Wonton cups can be prepared 1-2 days in advance.
3. In a small mixing bowl combining the tomato sauce, light soy sauce, rice vinegar, and Splenda naturals. Whisk until blended.
4. Dice the bell peppers and set aside.
5. Drain the can of pineapple, adding 1 TBSP of the juice to the sweet and sour sauce. Cut pineapple chunks in half. Whisk the sweet and sour sauce again once the juice has been added.

6. While the wonton cups are cooling, prepare the sweet and sour shrimp filling. Heat 2 TBSP of olive oil in a skillet. Add the diced bell pepper and cook for 3-4 minutes, stirring occasionally, until the peppers have started to become soft.
7. Add the shrimp and continue to cook, stirring occasionally. Once the shrimp have started to turn pink, add the pineapple chunks. Continue to cook another 2 minutes.
8. Add the sweet and sour sauce to the skillet and stir well so that the peppers, pineapple, and shrimp are coated. Heat until the sauce just begins to bubble, stirring occasionally. Once it begins to bubble, remove from the heat. Do not to boil the sauce.
9. Spoon the sweet and sour shrimp mixture into the wonton cups. Aim for each cup to have some of the red and green peppers, pineapple, and shrimp. Extra sauce can be spooned into the cups at the end, however this will soften the bottom of the cups so take caution when serving.

Equipment & Utensils:

- 24-hole mini muffin tin
- Cooling rack
- Basting brush
- 2 Cutting boards (one for cutting the raw shrimp separate from the vegetables)
- Small knife
- TBSP measuring spoon
- Small mixing bowl
- Whisk
- Skillet or large frying pan
- Mixing spoon
- Spoon- small enough to use to fill the wonton cups