

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING AUTHENTIC ITALIAN SHRIMP WITH POLENTA

SALAD COURSE: ARUGULA SALAD WITH LEMON VINAIGRETTE

INGREDIENTS:

4 cups fresh arugula
1/4 cup cherry tomatoes, halved
1/4 cup shaved Parmesan cheese
2 tablespoons olive oil
1 tablespoon lemon juice
Salt and pepper to taste

Preparation:

In a large bowl, combine arugula and cherry tomatoes.
In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
Drizzle the vinaigrette over the salad and toss gently.
Top with shaved Parmesan cheese.
Presentation: Serve the salad on a chilled plate, garnished with extra Parmesan shavings.

ENTREE: AUTHENTIC ITALIAN SHRIMP WITH POLENTA

INGREDIENTS:

1 lb large shrimp, peeled and deveined
2 cups chicken broth
1 cup cornmeal
1/2 cup grated Parmesan cheese
2 tablespoons butter
2 cloves garlic, minced
1/2 teaspoon red pepper flakes
Salt and pepper to taste
Fresh parsley for garnish

Preparation:

In a saucepan, bring chicken broth to a boil. Gradually whisk in cornmeal, stirring constantly until thickened (about 5-7 minutes). Stir in Parmesan cheese and butter. Season with salt and pepper. Keep warm.

In a skillet, heat olive oil over medium heat. Add garlic and red pepper flakes, sauté for 1 minute.

Add shrimp to the skillet, cooking until pink and opaque (about 3-4 minutes).

Season with salt and pepper.

Serve shrimp over a bed of polenta, garnished with fresh parsley.

Presentation: Plate the polenta first, then top with shrimp. Drizzle with any remaining sauce from the skillet.

SUGGESTED SIDE DISHES

1. Garlic Roasted Broccoli

INGREDIENTS:

1 lb broccoli florets

3 tablespoons olive oil

4 cloves garlic, minced

Salt and pepper to taste

Preparation:

Preheat oven to 425°F (220°C).

Toss broccoli with olive oil, garlic, salt, and pepper.

Spread on a baking sheet and roast for 20-25 minutes until tender and slightly crispy.

Presentation: Serve on a platter, drizzled with a little extra olive oil.

2. LEMON HERB COUSCOUS

INGREDIENTS:

1 cup couscous

1 1/4 cups water

1 tablespoon olive oil

Juice and zest of 1 lemon

2 tablespoons fresh parsley, chopped

Salt to taste

Preparation:

In a saucepan, bring water to a boil. Stir in couscous, cover, and remove from heat. Let sit for 5 minutes.

Fluff couscous with a fork, then stir in olive oil, lemon juice, zest, parsley, and salt.

Presentation: Serve in a bowl, garnished with lemon slices and parsley.

DESSERT: TIRAMISU

INGREDIENTS:

1 cup strong brewed coffee, cooled

3 tablespoons coffee liqueur (optional)

3 large eggs, separated
1/2 cup sugar
1 cup mascarpone cheese
1 cup heavy cream
24 ladyfinger cookies
Cocoa powder for dusting

PREPARATION:

In a bowl, combine coffee and liqueur. Set aside.

In another bowl, beat egg yolks and sugar until pale. Fold in mascarpone.

In a separate bowl, whip cream to stiff peaks and fold into the mascarpone mixture.

Dip ladyfingers in coffee mixture and layer in a dish. Spread half the mascarpone mixture over the ladyfingers. Repeat layers.

Refrigerate for at least 4 hours. Dust with cocoa powder before serving.

Presentation: Serve in individual glasses or a large dish, dusted with cocoa powder.

WINE PAIRING

For this meal, I recommend pairing it with Ethero Albariño White Wine. Its crisp acidity and fruity notes will complement the shrimp and polenta beautifully.