

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING Chili Shrimp over Creamy Parmesan Polenta

SALAD COURSE: ARUGULA, FENNEL & CITRUS SALAD

INGREDIENTS

4 cups arugula (washed, dried)
1 small fennel bulb, thinly sliced (reserve some fronds)
1 cup cherry tomatoes, halved
1 small orange, segmented (or 1 grapefruit)
2 tbsp extra-virgin olive oil
1 tbsp white wine vinegar or sherry vinegar
1 tsp honey
Salt and freshly ground black pepper
Optional: 2 tbsp shaved Parmesan or toasted pine nuts

PREPARATION

Whisk olive oil, vinegar, honey, salt and pepper to make a light vinaigrette. In a bowl, combine arugula, sliced fennel, cherry tomatoes and citrus segments. Toss with vinaigrette just before serving. Add shaved Parmesan or sprinkle toasted pine nuts if using.

PRESENTATION

Arrange salad in a shallow bowl; top with a few fennel fronds for aroma. Serve chilled or room temperature as a bright starter.

ENTREE — GARLIC-CHILI SHRIMP OVER CREAMY PARMESAN POLENTA

INGREDIENTS (serves 4)

FOR THE POLENTA:

1 cup coarse cornmeal (polenta)
4 cups water or 2 cups water + 2 cups low-sodium chicken/vegetable stock
1 tsp salt
2 tbsp unsalted butter
1/2 cup grated Parmesan cheese
2 tbsp heavy cream or crème fraîche (optional, for extra creaminess)

For the shrimp:

1 lb large shrimp, peeled & deveined (tail-on optional)
3 tbsp olive oil or 2 tbsp butter + 1 tbsp oil
4 garlic cloves, thinly sliced/minced
1/2–1 tsp crushed red pepper (adjust to heat preference)
Zest and juice of 1 lemon

2 tbsp chopped parsley
Salt & pepper

PREPARATION

MAKE THE POLENTA:

Bring water/stock and salt to a simmer in a heavy saucepan. Gradually whisk in polenta. Cook gently, stirring often, until thick and tender (20–30 minutes for coarse polenta; follow package if different). Stir in butter, Parmesan and cream; check seasoning. Keep warm.

PREPARE SHRIMP:

Pat shrimp dry and season lightly with salt and pepper. Heat oil/butter in a large skillet over medium-high heat. Add garlic and crushed red pepper; cook 20–30 seconds until fragrant (don't burn). Add shrimp in a single layer and cook ~1–2 minutes per side until pink and opaque. Add lemon zest and juice, toss with parsley, remove from heat.

TO SERVE:

Spoon a generous bed of polenta onto warm plates. Top with garlic-chili shrimp and spoon any pan juices over the shrimp.

PRESENTATION

Use wide shallow plates. Spread polenta into a smooth oval, arrange shrimp atop in a neat row, drizzle with a little extra-virgin olive oil or melted butter, and garnish with parsley and a thin lemon wheel.

SIDE DISH 1 — SAUTÉED BROCCOLINI WITH TOASTED ALMONDS & LEMON

INGREDIENTS

1 lb broccolini (trim ends)
2 tbsp olive oil
2 garlic cloves, smashed
1/3 cup sliced or slivered almonds, toasted
Zest and a squeeze of 1 lemon
Salt & pepper

PREPARATION

Blanch broccolini 1–2 minutes in boiling salted water; transfer to ice bath, drain. In a skillet, heat olive oil, add garlic briefly until aromatic, add broccolini and sauté 3–4 minutes until bright and tender-crisp. Add lemon zest and juice, season. Toss with toasted almonds.

PRESENTATION

Neatly place broccolini beside the polenta; sprinkle almonds over and finish with a light lemon zest garnish.

SIDE DISH 2 — HONEY-THYME ROASTED BABY CARROTS

INGREDIENTS

1 lb baby carrots, peeled
2 tbsp olive oil
1 tbsp honey
1 tsp fresh thyme leaves (or 1/2 tsp dried)
Salt & pepper

PREPARATION

Preheat oven to 425°F (220°C). Toss carrots with oil, honey, thyme, salt and pepper. Spread on a rimmed baking sheet in one layer. Roast 18–22 minutes until caramelized and tender, turning once.

PRESENTATION

Serve carrots fanned beside the entree; drizzle any pan glaze over them and add a sprig of thyme.

DESSERT LEMON PANNA COTTA WITH BERRY COMPOTE

INGREDIENTS

For panna cotta:
2 cups heavy cream (or half cream/half milk)
1/3 cup sugar
Zest of 1 lemon
1 tsp vanilla extract
1 packet (about 2 1/4 tsp) powdered gelatin + 3 tbsp cold water
For berry compote:
1 cup mixed berries (strawberries, blueberries, raspberries)
2 tbsp sugar
1 tbsp lemon juice

PREPARATION

Sprinkle gelatin over cold water; let bloom 5 minutes. Heat cream, sugar and lemon zest until just simmering (do not boil). Remove from heat, stir in gelatin until dissolved and add vanilla. Strain and pour into small ramekins; chill 4 hours until set.

For compote: Simmer berries, sugar and lemon juice 5–7 minutes until slightly thickened; cool.

Unmold panna cotta or serve in ramekins topped with warm or chilled compote.

PRESENTATION

Serve panna cotta unmolded on small plates (or in ramekins). Spoon compote over and garnish with a mint leaf and a thin lemon twist.

WINE PAIRING

ETHERO ALBARIÑO WHITE WINE

This crisp, aromatic Albariño complements the garlic-chili shrimp, bright citrus, and creamy Parmesan polenta—its acidity cuts through richness and harmonizes with the seafood and lemon elements across the whole menu.