

# Recipes

By

*Delaware*

## FULL MEAL RECIPE FEATURING JUMBO SHRIMP SAFFRON RICE

### SALAD:

#### MEDITERRANEAN CHICKPEA SALAD

### INGREDIENTS:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons fresh parsley, chopped
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

### INSTRUCTIONS:

1. In a large bowl, combine the chickpeas, cherry tomatoes, cucumber, red onion, olives, feta cheese, and parsley.
2. In a small bowl, whisk together the olive oil, red wine vinegar, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine.
4. Chill in the refrigerator for about 15 minutes before serving.

### PRESENTATION:

Serve in a large salad bowl or on individual plates, garnished with extra parsley and feta for a vibrant look.

### ENTREE: SHRIMP SAFFRON RICE

### INGREDIENTS:

- 1 lb large shrimp, peeled and deveined
- 1 cup Arborio rice
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1/2 teaspoon saffron threads
- 4 cups chicken or seafood broth
- 1 cup white wine
- 1/2 cup peas (fresh or frozen)

- 1/4 cup parsley, chopped
- 1/4 cup grated Parmesan cheese (optional)
- Salt and pepper to taste
- Olive oil for cooking
- Lemon wedges for serving

#### **INSTRUCTIONS:**

##### **1. PREPARE THE SAFFRON:**

In a small bowl, soak the saffron threads in 2 tablespoons of warm broth for about 10 minutes.

##### **2. SAUTÉ AROMATICS:**

In a large skillet, heat a drizzle of olive oil over medium heat. Add the chopped onion and garlic, sautéing until softened.

##### **3. COOK THE RICE:**

Add the Arborio rice to the skillet and stir for 1-2 minutes until the rice is lightly toasted. Pour in the white wine and cook until it is mostly absorbed.

##### **4. ADD BROTH AND SAFFRON:**

Gradually add the broth, one ladle at a time, stirring frequently. After about 10 minutes, add the saffron mixture and continue to cook for another 10-15 minutes until the rice is creamy and al dente.

##### **5. ADD SHRIMP AND PEAS:**

Stir in the shrimp and peas, cooking until the shrimp are pink and cooked through, about 5 minutes. Season with salt and pepper. Remove from heat and stir in chopped parsley and Parmesan cheese if using.

##### **6. SERVE:**

Serve hot with lemon wedges on the side.

#### **PRESENTATION:**

Serve the shrimp saffron rice in shallow bowls, garnished with extra parsley and lemon wedges for a colorful and appetizing look.

#### **SUGGESTED SIDE DISHES**

##### **1. GRILLED ASPARAGUS:**

#### **INGREDIENTS:**

- 1 lb asparagus, trimmed
- 2 tablespoons olive oil
- Salt and pepper to taste

**INSTRUCTIONS:**

Preheat the grill to medium-high heat. Toss asparagus with olive oil, salt, and pepper. Grill for about 5-7 minutes, turning occasionally, until tender and slightly charred.

**2. GARLIC BREAD:****INGREDIENTS:**

- 1 loaf of French bread
- 1/2 cup unsalted butter, softened
- 4 cloves garlic, minced
- 2 tablespoons fresh parsley, chopped
- Salt to taste

**INSTRUCTIONS:**

Preheat the oven to 375°F (190°C). In a bowl, mix softened butter, garlic, parsley, and salt. Spread the mixture over the sliced French bread. Wrap in foil and bake for 10-15 minutes until warm and fragrant.

**DESSERT: LEMON TART WITH FRESH BERRIES****INGREDIENTS:****FOR THE TART CRUST:**

- 1 1/4 cups all-purpose flour
- 1/2 cup unsalted butter, softened
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1 egg yolk
- 2 tablespoons cold water

**FOR THE LEMON FILLING:**

- 1 cup fresh lemon juice (about 4-6 lemons)
- 1 cup sugar
- 3 large eggs
- 1/4 cup heavy cream
- Zest of 2 lemons
- Fresh berries for topping (such as raspberries or blueberries)

**INSTRUCTIONS:****1. MAKE THE CRUST:**

Preheat the oven to 350°F (175°C). In a bowl, combine flour, butter, sugar, and

salt. Mix until crumbly. Add egg yolk and cold water, mixing until a dough forms. Press into a tart pan and bake for 15-20 minutes until lightly golden. Let cool.

**2. MAKE THE FILLING:**

In a mixing bowl, whisk together lemon juice, sugar, eggs, heavy cream, and lemon zest until smooth. Pour the filling into the cooled tart crust.

**3. BAKE THE TART:**

Bake for 20-25 minutes until the filling is set. Allow to cool completely before slicing.

**4. SERVE:**

Top with fresh berries before serving.

**PRESENTATION:**

Serve slices of the lemon tart on dessert plates, garnished with additional berries for a colorful touch.

**WINE PAIRING: RESERVA FIN DEL MUNDO PATAGONIA SAUVIGNON BLANC**

**WHY IT PAIRS WELL:**

**CRISP AND REFRESHING:**

Reserva Fin del Mundo Patagonia Sauvignon Blanc is a crisp white wine that complements the fresh flavors of the shrimp saffron rice beautifully.

**ZESTY AND BRIGHT NOTES:**

Its zesty and bright notes enhance the citrusy elements of the lemon tart and balance the richness of the saffron and shrimp in the entree.

**VERSATILE ACIDITY:**

The wine's acidity pairs well with the Mediterranean chickpea salad and the grilled asparagus, making it a well-rounded choice for the entire meal.