

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING SHRIMP CRÉOLE

SALAD COURSE:

CUCUMBER & TOMATO HERB SALAD

INGREDIENTS

2 medium tomatoes, ripe, cut into wedges
1 English cucumber, thinly sliced
1/4 small red onion, thinly sliced
2 tbsp extra-virgin olive oil
1 tbsp red wine vinegar
1 tsp Dijon mustard
1 tsp chopped fresh parsley
Salt and black pepper to taste

PREPARATION

Combine tomatoes, cucumber, and red onion in a bowl.
Whisk olive oil, red wine vinegar, Dijon, parsley, salt, and pepper; toss with vegetables.
Let sit 10 minutes at room temperature to marry flavors.

PRESENTATION

Serve in chilled small bowls or a shallow platter; garnish with a sprig of parsley or a light drizzle of olive oil.

ENTREE

SHRIMP CRÉOLE (SERVES 4)

INGREDIENTS

1 1/2 lb Delaware Peeled & Deveined Jumbo White Shrimp (tails on or off)
3 tbsp olive oil or butter
1 medium yellow onion, diced
1 green bell pepper, diced
2 stalks celery, diced
3 cloves garlic, minced
1 (28 oz) can crushed tomatoes (or 3 cups fresh plum tomatoes, chopped)
1 cup low-sodium chicken or seafood stock
2 tbsp tomato paste

1 tsp smoked paprika
1/2 tsp cayenne (adjust to taste)
1 tsp dried oregano
1 tsp dried thyme
1 bay leaf
1 tbsp Worcestershire sauce
1 tsp sugar (balances acidity)
Salt and black pepper to taste
2 tbsp chopped fresh parsley
2 tbsp sliced green onions (for garnish)
Cooked white rice, for serving

PREPARATION

Pat shrimp dry, season lightly with salt and pepper; set aside.
In a large skillet or Dutch oven, heat oil over medium heat. Add onion, bell pepper, and celery (the “holy trinity”); sauté until softened, 6–8 minutes.
Add garlic and cook 1 minute until fragrant. Stir in tomato paste and cook 1–2 minutes to deepen flavor.
Add crushed tomatoes, stock, Worcestershire, smoked paprika, cayenne, oregano, thyme, bay leaf, sugar, salt and pepper. Bring to a simmer and cook 15–20 minutes to thicken and develop flavor.
Taste and adjust seasoning. Remove bay leaf. Add shrimp and simmer gently 3–5 minutes (depending on shrimp size) until shrimp are opaque and cooked through. Do not overcook.
Stir in chopped parsley just before serving.

PRESENTATION

Spoon warm rice onto each plate or serve rice in a bowl. Ladle shrimp créole over rice. Garnish with sliced green onions and an extra sprinkle of parsley. Serve with lemon wedges on the side.

SIDE DISH 1

GARLIC-BRAISED COLLARD GREENS

INGREDIENTS

1 lb collard greens, stems removed, leaves thinly sliced
2 tbsp olive oil
3 cloves garlic, thinly sliced
1/2 cup low-sodium chicken stock or water
1 tbsp apple cider vinegar
Salt and crushed red pepper to taste

PREPARATION

Heat oil in a wide skillet over medium heat. Add garlic and cook briefly until fragrant (do not burn).

Add collards, toss to coat, then add stock and vinegar. Cover and simmer 8–12 minutes until tender.

Uncover, season with salt and crushed red pepper, and reduce liquid if necessary.

PRESENTATION

Mound collards beside the rice and créole on the plate or serve family-style in a warmed bowl with a drizzle of olive oil.

SIDE DISH 2

CRISPY PARMESAN BAKED PLANTAIN CHIPS

INGREDIENTS

2 ripe but firm plantains (yellow with black specks), peeled and thinly sliced on a mandoline

2 tbsp olive oil

1/4 cup finely grated Parmesan cheese

Salt and black pepper to taste

PREPARATION

Preheat oven to 400°F (200°C). Toss plantain slices with olive oil, salt, and pepper.

Arrange slices in a single layer on a parchment-lined baking sheet. Sprinkle Parmesan evenly.

Bake 8–12 minutes, flip once if needed, until edges are golden and crisp.

PRESENTATION

Serve in a small basket or bowl alongside the entrée for crunchy contrast.

DESSERT

WARM BOURBON-GLAZED BANANA WITH VANILLA MASCARPONE

INGREDIENTS

3 ripe bananas, halved lengthwise

2 tbsp unsalted butter

2 tbsp brown sugar

1 tbsp bourbon (optional)

1/2 cup mascarpone

1 tsp vanilla extract

1 tbsp powdered sugar (optional)

Toasted chopped pecans (optional)

PREPARATION

Whip mascarpone with vanilla and powdered sugar until smooth; refrigerate. In a skillet over medium heat, melt butter and brown sugar until bubbling. Add bananas, cut side down, and cook 1–2 minutes until caramelized. Flip and cook 1 minute.

If using, carefully add bourbon and flambé or simmer 30 seconds to reduce. Remove bananas to plates.

Spoon a dollop of vanilla mascarpone over each banana and sprinkle with toasted pecans.

PRESENTATION

Place banana halves on dessert plates, top with mascarpone and a few pecans. Serve immediately with a small shortbread cookie or biscotti if desired.

Wine Pairing Recommendation

RECOMMENDED WINE: ETHERO ALBARIÑO WHITE WINE

WHY THIS WINE IS THE BEST CHOICE

Albariño's bright acidity and citrus-tinged aromatics complement shrimp and tomato-based sauces, cutting through the richness while enhancing seafood flavors. Ethero Albariño typically shows stone-fruit and saline notes that play beautifully with the Creole spices and the sweetness of the shrimp. Its crispness also refreshes the palate between bites of the savory, slightly spicy sauce.