

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING WARM GARLIC-BUTTER STEAMED SHRIMP WITH 3 DIPPING SAUCES

SALAD COURSE:

CITRUS-FENNEL ARUGULA SALAD

INGREDIENTS

4 cups baby arugula
1 small fennel bulb, thinly sliced
1 orange, segmented (or grapefruit)
1/4 red onion, very thinly sliced
2 tbsp extra-virgin olive oil
1 tbsp white wine vinegar
1 tsp honey
Salt and freshly ground black pepper
1 tbsp toasted pine nuts (optional)

PREPARATION

Whisk olive oil, vinegar, honey, salt and pepper.
Toss arugula, fennel, orange segments and red onion with dressing.
Scatter toasted pine nuts on top.

PRESENTATION

Serve on chilled plates, arranging citrus and fennel on top for color and texture.

ENTREE — WARM GARLIC-BUTTER STEAMED SHRIMP WITH 3 DIPPING SAUCES

INGREDIENTS

1.5 lb already steamed shrimp (peeled or with tails, as preferred)
3 tbsp unsalted butter
2 cloves garlic, thinly sliced or minced
1 tbsp lemon juice
1 tsp lemon zest
2 tbsp chopped fresh parsley
Salt and freshly ground pepper

PREPARATION

Pat shrimp dry. In a skillet over medium heat, melt butter. Add garlic and sauté 30–45 sec until fragrant.

Add shrimp and toss 1–2 minutes simply to warm and coat. Add lemon juice, zest, salt, pepper and parsley; toss and remove from heat. Keep warm.

PRESENTATION

Arrange shrimp on a large platter around three small bowls (for the sauces). Spoon any remaining garlic-butter over shrimp and garnish with lemon wedges and parsley.

Dipping Sauce A — Classic Cocktail Sauce

INGREDIENTS

1/2 cup ketchup

2 tbsp prepared horseradish (adjust to heat)

1 tsp Worcestershire sauce

1 tsp fresh lemon juice

Dash of hot sauce (optional)

PREPARATION

Mix all ingredients in a bowl; adjust horseradish and lemon to taste.

PRESENTATION

Serve chilled in a small ramekin with a lemon wedge on the rim.

DIPPING SAUCE B — LEMON-GARLIC AIOLI

INGREDIENTS

1/2 cup mayonnaise (or aioli)

1 clove garlic, grated

1 tbsp lemon juice

1 tsp Dijon mustard

PREPARATION

Whisk ingredients together; chill 15–30 minutes for flavors to meld.

PRESENTATION

Spoon into a shallow dish and finish with a drizzle of olive oil and chopped parsley.

DIPPING SAUCE C — SWEET CHILI-LIME SAUCE

INGREDIENTS

1/3 cup sweet chili sauce (store-bought)

1 tbsp fresh lime juice

1 tsp fish sauce or soy sauce (optional, for depth)
1 tsp finely chopped cilantro or scallion

PREPARATION

Stir ingredients together and taste-adjust (more lime for brightness).

PRESENTATION

Serve at room temperature in a small bowl with a cilantro leaf on top.

SIDE DISH 1 — LEMON-HERB COUSCOUS

INGREDIENTS

1 cup couscous
1 1/4 cups hot vegetable or chicken stock
2 tbsp olive oil
Zest and 2 tbsp juice of 1 lemon
2 tbsp chopped parsley, 1 tbsp chopped mint (optional)
Salt and pepper

PREPARATION

Put couscous in a bowl, pour hot stock and 1 tbsp oil, cover 5 min. Fluff with a fork.

PRESENTATION

Serve in a neat mound beside shrimp or in a small ring for plated presentation, topped with a parsley sprig.

SIDE DISH 2 — SAUTÉED GARLIC GREEN BEANS WITH TOASTED ALMONDS

INGREDIENTS

12 oz green beans, trimmed
1 tbsp olive oil + 1 tbsp butter
2 cloves garlic, thinly sliced
1/4 cup sliced almonds, toasted
Salt, pepper and a squeeze of lemon

PREPARATION

Blanche green beans 2–3 min in boiling salted water; shock in ice water and drain.

Sauté garlic in oil and butter briefly, add beans and toss to heat through. Season and finish with lemon and almonds.

PRESENTATION

Serve in a shallow bowl, almonds scattered on top and a lemon wedge at the side.

DESSERT — HONEY-LIME YOGURT PARFAITS WITH BERRIES

INGREDIENTS

2 cups Greek yogurt

2–3 tbsp honey

Zest and 1 tsp juice of 1 lime

1 cup mixed berries (strawberries, blueberries, raspberries)

1/4 cup granola or toasted pistachios

PREPARATION

Stir honey and lime into yogurt.

Layer yogurt, berries and granola/pistachios in glasses.

PRESENTATION

Serve in clear glasses to show layers; garnish with a mint leaf and a light honey drizzle.

WINE PAIRING

Ethero Albariño White Wine

Its bright acidity, citrus and saline notes complement steamed shrimp, the citrus-fennel salad, lemoned couscous and the variety of dipping sauces—especially the lemon-garlic aioli and sweet-chili-lime sauce.