

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING LARGE KEY WEST SHRIMP AIR FRIED, PAN FRIED, GRILLED

SALAD COURSE: TROPICAL MANGO AVOCADO SALAD

INGREDIENTS:

- 2 ripe mangoes, diced
- 1 avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- Salt and pepper to taste

INSTRUCTIONS:

1. In a large bowl, combine diced mangoes, avocado, cherry tomatoes, red onion, and cilantro.
2. Drizzle with lime juice and season with salt and pepper. Toss gently to combine.

PRESENTATION:

Serve the salad in a large bowl or on individual plates, garnished with extra cilantro or lime wedges.

ENTREE: LARGE KEY WEST SHRIMP

OPTION 1: AIR-FRIED SHRIMP WITH LEMON GARLIC MARINADE

MARINADE INGREDIENTS:

- 1/4 cup olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- 1 teaspoon dried oregano
- Salt and pepper to taste

AIR FRYING INSTRUCTIONS:

1. In a bowl, whisk together olive oil, garlic, lemon juice, oregano, salt, and pepper.
2. Add the shrimp and marinate for at least 30 minutes.

3. Preheat the air fryer to 400°F (200°C). Place the shrimp in the air fryer basket in a single layer and cook for 6-8 minutes until pink and cooked through.

OPTION 2: PAN-FRIED SHRIMP WITH SPICY CAJUN MARINADE

Marinade Ingredients:

- 1/4 cup olive oil
- 1 tablespoon Cajun seasoning
- 1 tablespoon hot sauce (adjust to taste)
- Salt and pepper to taste

PAN FRYING INSTRUCTIONS:

1. In a bowl, mix olive oil, Cajun seasoning, hot sauce, salt, and pepper.
2. Add the shrimp to the marinade and let it sit for at least 30 minutes.
3. Heat 2 tablespoons of oil in a skillet over medium heat. Add the marinated shrimp and cook for 3-4 minutes on each side until cooked through.

OPTION 3: GRILLED SHRIMP WITH CILANTRO LIME MARINADE

Marinade Ingredients:

- 1/4 cup olive oil
- Juice of 2 limes
- 1/4 cup fresh cilantro, chopped
- 2 cloves garlic, minced
- Salt and pepper to taste

GRILLING INSTRUCTIONS:

1. In a bowl, whisk together olive oil, lime juice, cilantro, garlic, salt, and pepper.
2. Marinate the shrimp in the mixture for at least 30 minutes.
3. Preheat the grill to medium-high heat. Thread shrimp onto skewers and grill for 2-3 minutes on each side until opaque and cooked through.

DIPPING SAUCES

DIPPING SAUCE 1: GARLIC BUTTER SAUCE

INGREDIENTS:

- 1/2 cup unsalted butter
- 3 cloves garlic, minced
- Juice of 1 lemon
- 2 tablespoons fresh parsley, chopped
- Salt to taste

INSTRUCTIONS:

1. In a small saucepan, melt butter over low heat. Add garlic and cook for 1-2 minutes until fragrant.
2. Stir in lemon juice and parsley. Season with salt and serve warm.

DIPPING SAUCE 2: SPICY REMOULADE

INGREDIENTS:

- 1/2 cup mayonnaise
- 1 tablespoon Dijon mustard
- 1 tablespoon hot sauce (adjust to taste)
- 1 teaspoon lemon juice
- 1 teaspoon paprika
- Salt to taste

INSTRUCTIONS:

1. In a bowl, mix together mayonnaise, Dijon mustard, hot sauce, lemon juice, paprika, and salt until well combined. Refrigerate until ready to serve.

DIPPING SAUCE 3: SWEET CHILI SAUCE

INGREDIENTS:

- 1/2 cup sweet chili sauce
- 1 tablespoon lime juice
- 1 teaspoon fish sauce (optional)

INSTRUCTIONS:

1. In a bowl, combine sweet chili sauce, lime juice, and fish sauce (if using). Stir until well mixed.

SUGGESTED SIDE DISHES

1.COCONUT RICE

INGREDIENTS:

- 1 cup jasmine rice
- 1 can (14 ounces) coconut milk
- 1 cup water
- 1 teaspoon salt

INSTRUCTIONS:

In a pot, combine jasmine rice, coconut milk, water, and salt. Bring to a boil, then reduce heat to low, cover, and simmer for 15-20 minutes until the rice is fluffy and cooked through.

2. GRILLED ASPARAGUS

INGREDIENTS:

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

INSTRUCTIONS:

Toss asparagus with olive oil, salt, and pepper. Grill over medium heat for about 5-7 minutes until tender and slightly charred.

DESSERT: PINEAPPLE UPSIDE-DOWN CAKE

INGREDIENTS:

FOR THE TOPPING:

- 1/4 cup unsalted butter
- 1/2 cup brown sugar
- 1 can (20 ounces) pineapple slices, drained
- Maraschino cherries for garnish

FOR THE CAKE:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/2 cup milk
- 1/4 cup unsalted butter, melted
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract

INSTRUCTIONS:

1. PREHEAT OVEN:

Preheat the oven to 350°F (175°C).

2. PREPARE TOPPING:

In a 9-inch round cake pan, melt the butter in the oven. Sprinkle brown sugar evenly over the melted butter. Arrange pineapple slices on top and place a cherry in the center of each slice.

3. MAKE CAKE BATTER:

In a bowl, mix flour, sugar, milk, melted butter, baking powder, salt, egg, and vanilla extract until smooth.

4. ASSEMBLE AND BAKE:

Pour the batter over the pineapple slices in the cake pan. Bake for about 30-35 minutes, or until a toothpick inserted into the center comes out clean.

5. COOL AND SERVE:

Allow the cake to cool for a few minutes, then invert onto a serving plate. Serve warm.

PRESENTATION:

Serve slices of the pineapple upside-down cake on dessert plates, garnished with extra pineapple or cherries if desired.

WINE PAIRING: ETHERO ALBARIÑO WHITE WINE

WHY IT PAIRS WELL:

Crisp and Refreshing:

Ethero Albariño is known for its bright acidity and refreshing character, making it an excellent match for the succulent shrimp and their various marinades.

ENHANCES SEAFOOD FLAVORS:

The wine's citrus and stone fruit notes complement the flavors of the shrimp and the tropical elements of the salad, enhancing the overall dining experience.

BALANCES THE MEAL:

Its acidity also works well with the sweetness of the pineapple upside-down cake, making it a perfect choice for the entire meal.

This wine selection beautifully ties together the entire meal, ensuring that each dish is enhanced by the pairing.