

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING SZECHUAN SHRIMP AND BROCCOLI

SALAD

CRISP ASIAN SLAW WITH SESAME-GINGER DRESSING

INGREDIENTS:

4 cups shredded napa cabbage (or green cabbage)
1 cup shredded carrot
1 small red bell pepper, thinly sliced
2 scallions, thinly sliced
2 tbsp toasted sesame seeds
2 tbsp chopped cilantro (optional)

DRESSING:

3 tbsp rice vinegar
1 tbsp soy sauce (low-sodium if desired)
1 tbsp toasted sesame oil
1 tbsp neutral oil (canola/vegetable)
1 tsp grated fresh ginger
1 tsp honey or sugar
1 tsp lime juice
Pinch of salt and pepper

PREPARATION:

Whisk dressing ingredients until combined. Taste and adjust sweetness or acidity.
Toss cabbage, carrot, bell pepper, scallions and cilantro with dressing just before serving.
Sprinkle toasted sesame seeds on top.

PRESENTATION:

Serve in shallow bowls, lightly mound the slaw, and finish with an extra sprinkle of sesame seeds and a thin scallion ring.

ENTREE — SZECHUAN SHRIMP AND BROCCOLI (SERVES 4)

INGREDIENTS:

1 1/2 lb large shrimp, peeled and deveined (tails optional)
1 lb broccoli florets (about 4 cups)
2 tbsp vegetable oil (divided)
4–5 dried Szechuan peppercorns, lightly crushed (or 1 tsp ground Szechuan pepper)
2–3 dried red chilies, broken (adjust for heat)
3 cloves garlic, minced
1 tbsp fresh ginger, minced
3 scallions, white and green parts separated and sliced

SAUCE:

3 tbsp soy sauce
2 tbsp rice vinegar
2 tbsp Shaoxing wine (or dry sherry)
1½ tbsp chili bean paste (Doubanjiang) or 1 tbsp chili garlic sauce
1 tbsp hoisin sauce
1 tsp sugar
1 tsp sesame oil
1/4 cup low-sodium chicken or vegetable stock (or water)
1 tsp cornstarch mixed with 1 tbsp water (slurry)

PREPARATION:

Blanch broccoli: bring a pot of salted water to a boil, cook florets 1–2 minutes until bright green and slightly tender. Shock in ice water, drain and set aside.

Mix sauce ingredients (except slurry) in a bowl and set aside.

Heat a large wok or heavy skillet over high heat. Add 1 tbsp oil. When shimmering, add shrimp in a single layer, season lightly with salt, and cook 1–2 minutes per side until just pink. Remove shrimp and set aside.

Add remaining 1 tbsp oil to the wok. Add crushed Szechuan peppercorns and dried chilies; stir briefly until fragrant (30 seconds). Add garlic, ginger and the white parts of the scallions; stir-fry 20–30 seconds.

Add chili bean paste and stir 1 minute to bloom flavors. Pour in the prepared sauce and bring to a simmer.

Return shrimp and blanched broccoli to the wok. Toss to coat and heat through 1–2 minutes. Stir in cornstarch slurry to thicken the sauce slightly; cook until glossy.

Finish with sesame oil and the green scallion slices. Adjust seasoning.

PRESENTATION:

Serve immediately over steamed jasmine rice or short-grain rice in a wide shallow bowl. Scatter extra sliced scallions and a light dusting of crushed Szechuan peppercorns for aroma. Provide lime wedges on the side if guests want a citrus lift.

SIDE DISH 1 — STEAMED JASMINE RICE WITH TOASTED SESAME

INGREDIENTS:

2 cups jasmine rice, rinsed and drained
2 1/4 cups water
1 tsp toasted sesame oil
1 tbsp toasted sesame seeds

PREPARATION:

Cook rice in a rice cooker or on the stove with water according to package directions.
Fluff rice with a fork, stir in sesame oil and sprinkle with toasted sesame seeds.

PRESENTATION:

Serve in a warmed rice bowl or in small mounds beside the entree; garnish with a few sesame seeds.

SIDE DISH 2 — GARLIC-SCALLION STIR-FRIED BABY BOK CHOY

INGREDIENTS:

1 lb baby bok choy, halved lengthwise if large
1–2 tbsp vegetable oil
3 garlic cloves, thinly sliced
2 scallions, cut into 2-inch pieces
1 tsp light soy sauce
Salt to taste

PREPARATION:

Heat oil in a skillet or wok over medium-high heat. Add garlic; sauté until fragrant. Add bok choy cut side down, sear 1–2 minutes, then toss with scallions and 2–3 tbsp water. Cover briefly until stems are tender-crisp (2–3 minutes). Uncover, add light soy sauce, toss, and season with salt as needed.

PRESENTATION:

Arrange bok choy in a shallow dish with garlic slices on top and a drizzle of any pan juices.

DESSERT — GINGER-POACHED PEARS WITH HONEY & SESAME CRUNCH

INGREDIENTS:

4 small pears, peeled, halved and cored
2 cups water
1/2 cup honey
1 tbsp fresh ginger slices
1 cinnamon stick

Zest of 1 lemon

Sesame crunch: 1/3 cup toasted sesame seeds + 2 tbsp honey, lightly toasted until sticky then cooled and broken into shards

Vanilla ice cream or whipped cream (optional)

PREPARATION:

In a saucepan combine water, honey, ginger, cinnamon and lemon zest. Bring to a simmer.

Add pear halves, cover and poach gently 8–12 minutes until tender but holding shape. Remove pears and reduce poaching liquid to a syrupy consistency.

For sesame crunch: warm sesame seeds with honey briefly until glossy, spread on parchment, cool and break into pieces.

PRESENTATION:

Plate a pear half per person, drizzle reduced syrup, sprinkle sesame crunch and serve with a small scoop of vanilla ice cream or a dollop of whipped cream.

WINE PAIRING

RECOMMENDED WINE: RELAX REISLING

RELAX Riesling's bright acidity and slight residual sweetness balance the bold, numbing-spicy Szechuan flavors and the chili heat on the shrimp. Its citrus and stone-fruit aromatics refresh the palate between bites, tame heat, and harmonize with the soy, ginger, and garlic elements without overwhelming the seafood.