

COOKING WITH JAN ~ MARCH 1, 2017

WEEKLY RECIPES AT COBORNS

LENTEN MEAL RECIPES

SHRIMP SCAMPI with BEER



2 TBLS BUTTER
6 CLOVES GARLIC, FINELY CHOPPED
1/4 CUP BEER
1-2 TBLS WORCESTERSHIRE SAUCE
1 1/2 LBS UNCOOKED MEDIUM SHRIMP, THAWED, PEELED, TAIL SHELLS REMOVED

2 TBLS OLIVE OIL
3 TBLS GREEN ONIONS, CHOPPED
2 TBLS LIME JUICE
2 TSPS FRESH CILANTRO, CHOPPED

IN SKILLET, HEAT BUTTER AND OIL OVER MEDIUM HIGH HEAT UNTIL BUTTER IS MELTED. ADD THE SHRIMP; COOK AND STIR FOR 1 MINUTE. ADD THE GARLIC; AGAIN, COOK AND STIR FOR 1 MINUTE. ADD THE ONIONS, BEER, LIME JUICE AND WORCESTERSHIRE SAUCE; COOK 1-2 MINUTES LONGER OR UNTIL SHRIMP ARE PINK, STIRRING FREQUENTLY. **DO NOT OVERCOOK THE SHRIMP!** SEASON TO TASTE WITH SALT & BLACK PEPPER AND/OR RED PEPPER SAUCE. SPRINKLE WITH THE CILANTRO. A SERVING SUGGESTION IS OVER ANGEL HAIR PASTA. MAKES 4 SERVINGS.

HONEY-MUSTARD GLAZED SALMON

1 LB SALMON FILLET
1 TBLS BUTTER, MELTED
1 TBLS HONEY
1 TBLS DIJON MUSTARD

1 TBLS PACKED BROWN SUGAR
1 TBLS OLIVE OIL
1 TBLS SOY SAUCE
1 CLOVE GARLIC, FINELY CHOPPED

PLACE SALMON, SKIN SIDE DOWN, IN SHALLOW GLASS BOWL. IN ANOTHER SMALL BOWL, MIX ALL THE REMAINING INGREDIENTS; POUR OVER THE SALMON. COVER AND REFRIGERATE AT LEAST 15 MINUTES BUT NO LONGER THAN 1 HOUR. SET OVEN TO BROIL; REMOVE SALMON FROM MARINADE; SET MARINADE ASIDE. PLACE SALMON, SKIN SIDE DOWN, ON RACK IN BROILER PAN. BROIL WITH TOP 4-6 INCHES FROM HEAT FOR 10-15 MINUTES, BRUSHING 2-3 TIMES WITH THE RESERVED MARINADE, UNTIL THE FISH FLAKES EASILY WITH A FORK. DISCARD ANY REMAINING MARINADE. SERVE WITH A GREEN SALAD AND ROLLS; MAKES 4 SERVINGS.

SHRIMP & MANGO TACO SALAD

LIME DRESSING

2/3 CUP THAWED FROZEN LIMEADE CONCENTRATE
1 OZ PKG TACO SEASONING MIX
1 1/2 TSPS RED PEPPER SAUCE

3 TBLS OLIVE OIL

SALAD

9 OZS ROMAINE & GREEN LEAF LETTUCE SALAD MIX
15 OZ CAN BLACK BEANS, DRAINED & RINSED
1 1/2 CUPS MANGO, PEELED AND CUBED
1 AVOCADO, PEELED & CHOPPED
1 LB UNCOOKED MEDIUM SHRIMP, THAWED, PEEL, TAIL SHELLS REMOVED

1 RED PEPPER, CHOPPED

IN CONTAINER WITH TIGHT FITTING COVER, SHAKE LIMEADE CONCENTRATE, 1 TBLS TACO SEASONING, OLIVE OIL AND RED PEPPER SAUCE; SET ASIDE. IN MIXING BOWL, TOSS THE SHRIMP WITH THE REMAINING TACO SEASONING MIX UNTIL EVENLY COATED. HEAT SKILLET; ADD SHRIMP AND COOK FOR 3-6 MINUTES OR UNTIL SHRIMP ARE PINK, SCRAPING ANY SEASONING FROM BOTTOM OF PAN. DIVIDE THE LETTUCE MIX AMONG 6 DINNER PLATE. TOP WITH THE SHRIMP, BLACK BEANS, MANGO, AVOCADO AND BELL PEPPERS. DRIZZLE WITH THE DRESSING AND SERVE WITH TORTILLA CHIPS.

FISH TACOS with CORN SALSA

2 CUPS COOKED CORN KERNELS
1 CUP PEELED, DICED JICAMA
1 CUP FRESH CILANTRO, CHOPPED
2 TBLS CAYENNE PEPPER (TO TASTE)
2 TBLS SALT (TO TASTE)
2 TBLS OLIVE OIL
2 TBLS SOUR CREAM (TO TASTE)

1/2 CUP DICED RED ONION
1/2 CUP DICED RED PEPPER
1 LIME, JUICED & ZESTED
1 TBLS BLACK PEPPER
6—4 OZ TILAPIA FILLETS
12 CORN TORTILLA, WARMED

PREHEAT GRILL FOR HIGH HEAT. IN MEDIUM BOWL, MIX CORN, RED ONIONS, RED PEPPERS AND THE CILANTRO; ADD LIME JUICE & ZEST. IN ANOTHER BOWL, COMBINE THE CAYENNE PEPPER, BLACK PEPPER AND SALT. BRUSH THE FILLETS WITH OLIVE OIL AND SPRINKLE WITH THE SPICES TO DESIRED TASTE. ARRANGE FILLETS ON GRILL GRATE; COOK FOR 3 MINUTES PER SIDE. FOR EACH TACO, TOP TWO CORN TORTILLAS WITH THE FISH; SOUR CREAM AND THE CORN SALSA.