Recipe For Health | APRIL 2014

## PINEAPPLE AND SHRIMP BANH MI

A Vietnamese-style sandwich by Corporate Chef Kurt Kwaitkowski

Featured Food: pineapple

Yield: Serves 4-5

## Ingredients

Marinade 2 t. sea salt

1 can (13.5 oz.) coconut milk 1 t. ground black pepper ½ c. vegetable broth Sandwich Ingredients

1 T. minced garlic 1 whole pineapple, prepared and cut into 8 wedges

1 T. minced ginger 1 lb. 41/50 count peeled and deveined shrimp

1 star anise 1 or 2 baguettes, cut into 8" sections and then split in half

4 Thai chile peppers, sliced in rings 3 heads of baby bok choy, chopped

 $\frac{1}{2}$  c. sliced white onion 3 green onions, thinly sliced

Zest from ½ lime 3 T. chopped cilantro

Juice of 1 lime

## **Preparation**

Mix together the marinade ingredients. Place pineapple wedges in a container and add half of the marinade; mix well. Place shrimp into a separate container and add the rest of the marinade; mix well. Refrigerate both pineapple and shrimp for 18-24 hours.

Preheat grill. Remove shrimp from the marinade; discard marinade. Skewer shrimp; cook on grill for 2 to 3 minutes per side until done.

Remove pineapple from marinade; reserve marinade. Place pineapple wedges on hot grill and cook for 2 minutes on each side until caramelized (evenly light brown surface with darker grill marks). Place on cutting board and cut into ½" chunks.

Toss the pineapple and shrimp together and place on a baguette. Top with bok choy, green onions and cilantro. Drizzle with a little reserved marinade if desired.