Recipe For Health  | JULY 2021

SHRIMP KINILAW

Chef Rob Trufant created this recipe to share as part of an international cooking demonstration. Enjoy this fresh recipe from the Philippines!

Chef Rob Trufant, Kellogg Catering

Featured Food: mango

Yield: 4 Servings

Ingredients

Ingredients & prep work for shrimp:
Shrimp – ½ lb. – peeled, deveined, tail-off, cooked – if frozen, thaw

Ingredients & prep work for salad:
Combine:
White Wine Vinegar – 1 cup
Lemon Juice & Zest – 1 Lemon
Lime Juice & Zest – 1 Lime
Red Onion – 1 small – sliced thin
Red Bell Pepper – 1 small – sliced thin

Hot Chilies – to taste – 1 or 2 jalapeno/serrano/birds eye depending on preference

Combine:
Mangoes – 2 each, peeled and diced (frozen is OK!)
Cherry Tomatoes – 1 pint, halved
Green Onion – 1 bunch, trimmed and sliced thin, reserve some for garnish
Cilantro – 1 bunch, chopped, reserve some for garnish and entree

Preparation

1. Gather all ingredients and prep as listed first.
2. Combine the Vinegar, Juices, Onions, Peppers, Chilies, and Ginger and Ginger Beer
3. Combine the Mangoes, Cherry Tomatoes, Green Onion, and Cilantro
4. Season both with salt and pepper.
5. Before serving, combine all three ingredients for about 15 minutes to marry.
6. Serve in small bowls, arranging shrimp, and garnishing with more scallions and cilantro

Enjoy!