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 form the Philippines!

Chef Rob Trufant, Kellogg Catering

Featured Food: mango

Yield: 4 Servings

Ingredients

Ingredients & prep work for shrimp:

Shrimp - $\frac{1}{2}$ 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

Ginger - Fresh (thin strips) or Prepared (Grated) - 1 Tbsp.

Ginger Beer/Ale - 3/4 cup

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!