

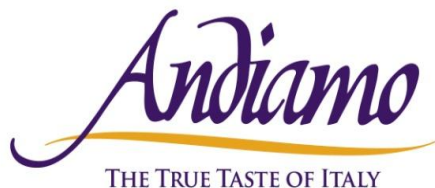
Recipe Name: Grilled or Pan Roasted Gulf Shrimp with Michigan Sweet Corn Basil Broth & Micro Greens

From The Kitchen Of: Chef Jim, Andiamo



Chef Demo July 23, 2011

Farmington Farmers & Artisans Market



www.DowntownFarmington.org

Ingredients as needed for four people:

- 2 pounds raw shrimp, this will yield about 6 ounces of cooked shrimp per person
- 1 recipe marinade from back of card
- 1 recipe Michigan Sweet Corn Basil Broth from back of card
- 1 cup micro greens or sprouts

Marinade for Shrimp or Fish Ingredients (enough for 3-4 # of fresh seafood)

- 6 fluid oz olive oil
- 2 fluid oz lemon, grapefruit, lime or orange juice
- 2 cloves garlic, minced
- 1 tsp. salt
- 1 tsp. fresh ground pepper
- 1 Tb parsley, basil or cilantro, chopped (based on flavor pairing of other items)

Michigan Sweet Corn Basil Broth (yields 1.5 quarts)

- 1 pound fresh cut Michigan sweet corn (cut from about 6 fresh ears)
- 1 quart chicken or light vegetable stock
- 2 Tbls fresh squeezed lemon juice
- 1 pound assorted mushrooms (shiitake, oyster, button)
- ½ cup fresh parsley, chopped
- ¼ cup fresh basil, chiffonade
- 2 ounces extra virgin olive oil
- To taste salt and pepper
- Optional white truffle oil (1/2 teaspoon)
- Optional crème (2 ounces)

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Directions:

1. Purchase the shrimp (also substitute salmon, walleye or scallops) from a reputable source; shrimp are sold in counts per pound. Thus 16/20 count shrimp means that there is an average of 16-20 shrimp per pound, or approximately .89 ounces each. The larger the shrimp the more expensive, but also mush sweeter and better texture. Remember that shell on shrimp will lose one size once peeled.
2. Marinate the shrimp up to 2 hours before meal time under refrigeration.
3. Either in a hot skillet or on the grill carefully cook the shrimp until they are firm and opaque, do not overcook the shrimp.
4. Ladle about 4 ounces of the Michigan Sweet Corn Basil Broth into a rimmed bowl or plate and neatly arrange the shrimp around the plate.
5. Garnish with a small amount of micro greens in the center of the plate for flavor and texture contrast as well as optical appeal.
6. Get creative by changing the protein and some of the other ingredients to suit your tastes.

Marinade for Shrimp or Fish Directions

1. Mix all ingredients together and pour over fish or shellfish and refrigerate for 30 minutes or up to 2 hours.
2. Normally one would not put salt in a marinade, but for fish, along with the acid, it helps to firm up the protein while it is marinating and makes it easier to grill or sauté as it will be less likely to fall apart during the cooking process

Wine marinade: Replace the citrus juice with dry white wine or vermouth. Substitute shallots for the garlic.

Michigan Sweet Corn Basil Broth Directions

1. Shuck the fresh corn removing all the silks and cut the kernels from the cob carefully ensuring you are not cutting into the cob.
2. Then using the back of your knife, scrape it down the sides of the cob to remove all of the milk from the cob.
3. Scrape all of the corn and residual juices into a small pot and add the stock.
4. Place over the fire and bring to the high simmer.
5. Reduce heat and cook until the corn is tender.
6. Using an immersion blender or food processor, puree the hot mixture until it is creamy and lightly thicken, but the texture of the corn is still present.
7. Add the lemon juice, mushrooms, herbs and olive oil.
8. Simmer over low heat until the mushrooms are just cooked.
9. Season to taste with salt and pepper as desired.
10. The recipe as prepared is extremely healthy without sacrificing flavor or portion size. An approximate 4 ounce serving will only have about 65 calories.
11. Optional ingredients are listed above and should be used sparingly