4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

the Taste and Savor Life!

Food, Wine, and Travel with Chef Nancy

1 QUICK RECIPE:

Shrimp Salad with Mango Vinaigrette

Vinaigrette:
1/2 Cup Extra Virgin Olive Oil
3 TB Rice Wine Vinegar
¼ Cup Mango Juice
1 Tsp Dijon Mustard
1 Tsp Ground Coriander
½ Tsp Ground Cumin
1 Garlic Clove, grated
Sea Salt and Pepper to taste
Shrimp:
18 - 24 large shrimp, peeled and deveined
¼ Cup of Reserved Vinaigrette
6 Wooden Skewers
Salad:
6 Cups Baby Greens
2 Roma Tomatoes, seeded and chopped
1 Cucumber, peeled, seeded and chopped
1 Avocado, diced
1 Large Carrot, grated
¼ Cup Red Onion, finely chopped
1 Cup Chopped Cilantro

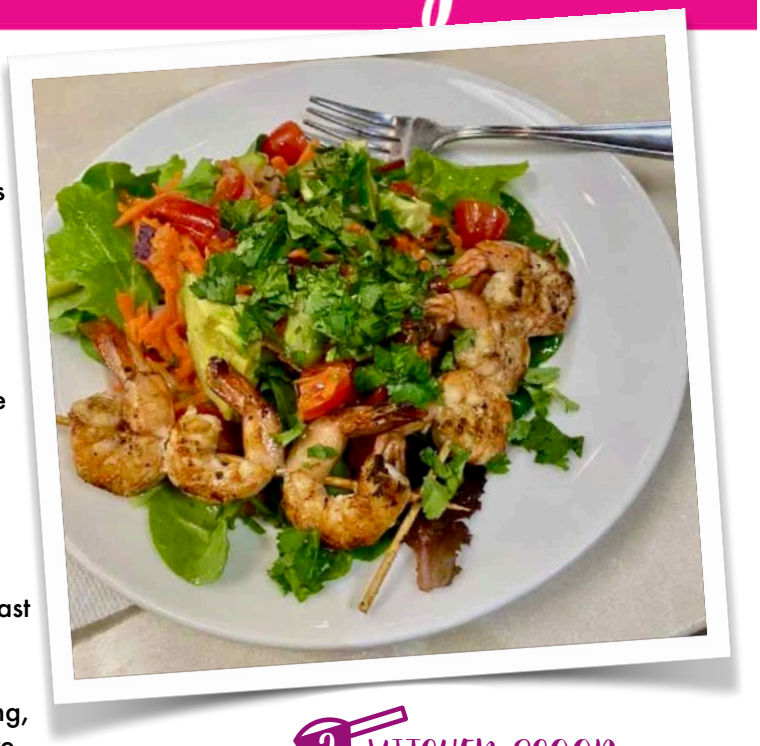
Step One Add all of the vinaigrette ingredients into a jar with a tight-fitting lid. Shake until all ingredients are well incorporated. Remove ¼ cup of vinaigrette and set aside.

Step Two Place shrimp into a large zip-top bag and add in ¼ cup of reserved vinaigrette. Allow to marinate in refrigerator for at least 20 minutes.

Step Three While shrimp is marinating, add the salad ingredients to a large bowl.

Step Four Place 3 or 4 marinated shrimp on each skewer. Cook shrimp on a pre-heated grill pan or grill for 2-3 minutes per side, until shrimp is just opaque.

Step Five To serve, drizzle ½ of the remaining vinaigrette onto salad ingredients that have been seasoned with salt and pepper. Gently toss to combine, adding more dressing as necessary, but being careful not to drown the salad. Divide salad among 6 plates and top each serving with a shrimp skewer.



2 KITCHEN SCOOP

We're using rice wine vinegar here because its one of the lowest acid vinegars around. Make sure to buy the unseasoned variety - seasoned rice wine vinegar is made to be used with sushi.

3 CLEVER

Fruit Juices make great vinaigrettes! You can find Mango Juice in any large grocery store - check out the international aisle for fruit juices made by Goya. They are delicious!

4 CHEERS!

Ontanon Clarete Rosado

Rioja, Spain
About $15

The bright citrus and tropical fruit notes of this wine beautifully complement the sweetness of mango and the delicate freshness of shrimp. Crisp acidity and subtle red berry flavors balance the vinaigrette while enhancing the salad's vibrant, character. Claretes have been part of the Rioja winemaking tradition since bygone times – fresh, cheerful wines crafted from a blend of Viura and Tempranillo. This lively style brings elegance and refreshing balance to the pairing, making it ideal for warm-weather dining.

Nancy Waldeck nwaldeck@tasteandsavor.com