



Screaming Shrimp Cooled by Avocado & Tomato

INGREDIENTS

1.5 lb. large shrimp
2 avocados, cut into slices
scrapings of avocado from the skin
2-3 medium (heirloom) tomatoes, thick slices
3-4 large garlic cloves, crushed
2-3 T jalapeño pepper, finely minced*
1/2 - 1 T Chili oil, **or** 1-2 t crushed red pepper flakes*
1.5 -2 T ginger, grated*
1.5 T cilantro, chopped
1/2 c red onion, sliced
1 t salt
1/3 c olive oil
1/2 c white wine to deglaze pan
2 c basmati rice
1/4 c scallions, sliced
1/3 c cilantro
1 lemon, quartered

Dressing

avocado scrapings from the shell
2 T fresh lemon juice
2 t zest of lemon
1/2 c Olive oil
salt, pepper to taste
1 T cilantro, minced for garnish
1 T scallions, sliced for garnish

* These ingredients bring the heat. Adjust the amount according to how hot you like your food.

INSTRUCTIONS

1. In a bowl, combine garlic, jalapeño, chili oil, cilantro, ginger, scallions, red onion, salt and oil. Mix together with shrimp ensuring all are coated. Place in the refrigerator for at least 1/2 hour to marinate.
2. While the shrimp are marinating, cook the rice. I use 1.5 times water to rice ratio, bringing the water to a boil then adding rice. I add a touch of salt to the water, cover and lower the heat to a simmer. Let it cook around 15-18 minutes until light and fluffy.
3. Meanwhile, cut the tomatoes and avocado and assemble your plates to have ready to add the shrimp so it can be served immediately. (You can create a family style platter. Or you can individually plate them using the avocado shells to hold the rice.)
4. Make the dressing by scraping out the odds and ends from the avocado shell. Add them to all the dressing ingredients and whisk together.
5. Then sauté the shrimp in a cast iron pan over medium high heat in order to get a nice sear on both sides. Shrimp only take 2-3 minutes to cook. Keep in mind that they will continue to cook once removed from the heat.
6. While the shrimp are cooking, toss the rice with scallions and cilantro and add to the plate.
7. After all the shrimp are cooked, sauté the marinade in the pan, then add a splash of white wine.
8. Pour over the shrimp and place them on the platter, garnishing with the lemon pieces and serve immediately. Drizzle the avocado dressing over the tomatoes and avocado. You can sprinkle more cilantro over the shrimp with a squeeze of lemon, too.