RECIPE 5

SHRIMP CAKES

INGREDIENTS

2 lbs. shrimp (50 count) 1 ¼ cup bread crumbs

1/4 cup yellow onion

1/4 cup celery

1/4 cup sweet red pepper

1 ear sweet corn

1 egg

1 tablespoon creole spice

THINGS YOU NEED

Cutting board

Knife

3 bowls

Measuring spoon

Measuring cup

Tongs

¹/₂ sheet pan with paper towel to land cakes after cooking

Oil or butter to cook cakes (I like a little of both)

unified brands™

A DOVER) COMPAN









IN A GROEN 15 GALLON BRAISING PAN

/5-2013



Gently puree 1 lb. of shrimp (being careful not to overwork) and roughly chop 2nd pound of shrimp and combine.



Sauté veggies and let cool. Then add to shrimp mixture with creole spice.



Add egg and ¼ cup of bread crumbs to bind, then form into whatever size cake you like and sauté until golden brown and cooked through.

For Jam; simply peel and seed tomatoes first by steaming in a Groen steamer in salted water and then setting them in ice water. Remove the skin and squeeze seeds out (Roma tomatoes work great). In a small skillet add in chopped tomatoes and a bit of garlic (if you like garlic), add apple cider vinegar and sugar and let slowly cook together until they have jammed. A small batch would use 6 tomatoes, 1 teaspoon shaved garlic, ½ cup vinegar and ½ cup sugar.



🕐 groen. 🛞 randell. 🌀 avtec. 🕐 à la cart. 🚭 power soak.

unifiedbrands.net