

Nordic shrimps with edamame, tomato and citrus salad - Virtual Workshop Version

Recipe for 2 portions

Description

Fresh, tasty salad; Perfect for summer!

Note

Nordic shrimp are often called Matane shrimp in Quebec, because they are transformed in a plant in the city of Matane.

Ingredients

Salad

- 200 Gr Matane shrimps
- 1 Unit(s) Tomato
- 75 Gr Edamame (soybeans)
- 1 Unit(s) Orange
- 1 Unit(s) Shallot
- 1 Zest Lime
- 2 Handful(s) Arugula leaves

Vinaigrette

- 25 Ml Citrus juice
- 5 Ml Dijon mustard
- 30 Ml Vegetable oil
- 3 Sprig(s) Fresh cilantro

Preparation

- Preparation time **30.00 mins**

Things to do before the workshop

Ingredients

Wash the vegetables, the citrus and the fresh herbs.

In a pot of boiling salted water, blanch the edamame and then transfer them to an ice bath.

Equipment list

1 cutting board, 1 chef knife, 1 paring knife

2 mixing bowls , 1 lemon juicer

Kitchen towels, tablespoons (tasting)

1 large spoon

1 small pot

Preparation with the chef

Zest the citrus then make your supremes. Keep all of the juice to make the vinaigrette. Cut the supremes into 3.

Cut the tomatoes in half, then remove the seeds and cut the flesh into Brunoise (Small cubes).

Pluck the leaves from the cilantro.

Salad

In a large mixing bowl, combine all of the ingredients that go in the shrimp salad. Keep the aragula aside.

Transfer to the fridge so that all of the flavors can start to infuse.

Vinaigrette

In a mixing bowl, combine all of the ingredients that make up the vinaigrette.

Whisk together energetically to make an emulsion. Season to taste.

Plating

In a small bowl, place the shrimp salad over the aragula trying to give it as much volume as possible.

Spray or drizzle with the citrus vinaigrette and finish by garnishing with some cilantro leaves.

Bon appétit!