



SUSHI DRAGON ROLL



SERVES

2



METHOD

BAKING



MINUTES

65



DIFFICULTY

5/10

INGREDIENTS

3/4 cup Japanese sushi-style rice

3/4 cup water

1 ^{1/3} tablespoons rice vinegar

1 ^{1/3} tablespoons white sugar

2 ^{1/4} teaspoons salt

Cooking spray

8 frozen tempura shrimp

2 sheets nori (dry seaweed)

5 ounces crabmeat

1 cucumber - peeled, seeded, and cut into 1/4-inch strips

1 avocado, sliced

10 ounces frozen unagi kabayaki (grilled eel), thawed and sliced into 2-inch strips

Rinse rice in a strainer until water runs clear.

Combine rice and water in a saucepan; bring to a boil. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 20 minutes.

Combine rice vinegar, sugar, and salt in a small saucepan over low heat; stir until sugar is dissolved, 1 to 2 minutes. Pour over rice; stir until rice cools and looks dry.

Preheat oven to 400°F. Grease a baking sheet with cooking spray.

Arrange shrimp tempura on the baking sheet.

Bake in the preheated oven until golden and crispy, about 6 minutes per side. Cut tails off 4 of the tempura shrimp.

Cover a bamboo sushi rolling mat with plastic wrap. Lay 1 sheet of nori, shiny-side down, on the plastic wrap. Spread 1 cup rice on top using moistened fingers, leaving a 1/3-inch border. Flip nori so rice is facing the mat.

Arrange crabmeat and cucumber along the bottom edge of the nori sheet. Place 2 tail-off shrimp in the center of the nori sheet. Place 2 tail-on shrimp on the end so that the tails extend over the sides of the sheet. Lift the edge of the mat and roll up nori into a tight log around filling.

Transfer sushi roll to a serving plate. Layer avocado and unagi slices on top to cover the top and sides of the roll. Slice roll into 8 pieces using a moistened knife. Repeat to make a second roll.



OYSTERS

ROCKEFELLER



SERVES

4 - 6



METHOD

BAKING



MINUTES

30



DIFFICULTY

3/10

INGREDIENTS

2 cloves garlic
 1 cup tightly packed fresh spinach
 1/2 cup green onions, roughly chopped
 1/2 cup parsley, roughly chopped
 2 teaspoons lemon juice
 1/2 cup butter, softened
 2 tablespoons Pernod
 3/4 cup panko bread crumbs
 1/4 cup freshly grated Parmesan
 1 tablespoon extra-virgin olive oil
 1 pound coarse salt, for baking
 24 fresh oysters - shucked, shells reserved
Lemon wedges, for serving

Position rack in top third of oven and preheat to 450°.

Add garlic, spinach, green onions, parsley, lemon juice, butter, and Pernod to a food processor and pulse until finely chopped.

In a medium bowl combine, panko, Parmesan, and oil.

Sprinkle coarse salt over large baking sheet to depth of 1/2-inch. Arrange oysters in half shells in salt. Divide spinach mixture among oysters and sprinkle with Parmesan mixture.

Bake until spinach mixture is bubbling and panko is deeply golden, about 8 minutes.

Serve with lemon wedges alongside.



KICKIN' FRIED SHRIMP



SERVES

10



METHOD

STOVETOP



MINUTES

15



DIFFICULTY

2/10

INGREDIENTS

2 pounds medium raw shrimp
peeled, deveined tails removed
2 1/2 cup self-rising flour
1/2 cup plain yellow cornmeal
3 1/2 teaspoon seafood seasoning,
divided (i.e. Old Bay)
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon ground cumin
2 large eggs beaten
1 1/2 cup whole buttermilk
Oil for frying

Season the shrimp with 1/2 tsp seafood seasoning and set aside.

In a medium mixing bowl, sift together the self-rising flour, cornmeal, 3 teaspoons seafood seasoning, garlic powder, onion powder, and ground cumin.

In a separate bowl, whisk together 2 large eggs and 1 1/2 cups whole buttermilk.

Toss the seasoned shrimp with 1/3 cup of the seasoned flour-cornmeal breading.

Spread out into a single layer so they won't clump.

Dip each piece in the buttermilk-egg wash.

Toss in the seasoned flour-cornmeal breading shaking off any excess.

Heat 4 inches of oil in a dutch oven or heavy bottomed saucepan to 350°F.

Fry the shrimp in batches for 2-3 minutes, until golden and crispy.

Use a slotted spoon to remove the crispy golden shrimp to a paper towel lined pan to drain.

Repeat until all of the shrimp is fried. Serve immediately with your favorite dipping sauce.