



THE BASICS

INSTALLMENT 3

July 14, 2021

This month we're sharing recipe basics every home cook should have in their arsenal. Because straight-forward done right, with good ingredients can be very impressive.

Poached Shrimp Cocktail

INGREDIENTS

8 COUNT	U-12 PRAWNS (INCLUDED IN PRO BOX)
1 CUP	WHITE WINE
7 CUPS	WATER
1 EACH	BAY LEAF
1/2	YELLOW ONION
1 TBSP	BLACK PEPPERCORN
1 EACH	LEMON
2 TBSP	SEA SALT OR KOSHER SALT

TO PREPARE

Add all ingredients except prawns to a medium pot and turn on medium heat. While the poaching liquid is heating up, you can clean the prawns. Start with a paring knife or kitchen scissors and cut along the back of the prawns stopping at the tail. Be careful not to cut the meat underneath the shell. Now peel the shell from one side of the shrimp down and around to the other side to remove the legs. Beneath where you cut the shell there is a small brown vein that should be carefully removed with the same knife. Once all the prawns are cleaned and the poaching liquid is simmering, place them in the pot. Cook 5-6 minutes or until firm. Strain and allow to cool in the refrigerator. Once cooled enjoy with your favorite cocktail sauce (such as the one we've provided!)



Classic Risotto

INGREDIENTS

1 CUP	RISOTTO RICE (ARBORIO OR CARNAROLI)
1/2 CUP	SHALLOT, MINCED (YELLOW ONION ALSO WORKS)
1/2 CUP	WHITE WINE (DRY IS BEST)
4 CUPS	VEGETABLE OR CHICKEN STOCK (H2O WORKS IN A PINCH)
1/4 CUP	PARMESAN CHEESE, GRATED
3 TBSP	BUTTER
1	LEMON
2 TBSP	PARSLEY, CHOPPED

TO PREPARE

This is an active recipe! You'll be stirring all the whole time, so enlist some help (or at least have a glass of wine handy for the hard working cook!)

Heat stock in a sauce pot until barely simmering. While the stock warms up heat the olive oil in a large sauté pan on medium-low heat. Add shallot and cook until translucent. Add rice and stir with a wooden spoon until starting to turn golden brown; it will smell toasty! Add the wine and continue to stir until almost dry, then add 1/2 cup of stock and stir until almost dry. Continue adding stock by the 1/2 cup, checking as you near the last of the heated stock for al dente rice (before it turns gummy!) Once you've gotten the perfect texture stir in the butter, then the lemon juice and parmesan. Once it comes together finish with the parsley.

This risotto pairs amazingly with a beautiful piece of grilled or seared salmon! If you have the pro box, we recommend grilling one piece of wild salmon & one of sustainably farmed salmon to see which you prefer.

Courtesy of

Corporate Chef, Jeremy Loomis, The Fish Market Restaurants