

# GRILLED SHRIMP WITH TOMATO SALAD

## INGREDIENTS

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- **GRILLED SHRIMP**

- 16 to 20 large shrimp (about 1 lb), peeled and deveined, leaving tail shell intact
- 1/4 cup olive oil
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon Sofrito
- 2 teaspoons minced garlic
- 2 teaspoons minced shallots
- 1 teaspoon coarse-cracked black pepper
- 1 teaspoon kosher salt
- 1/4 teaspoon Cajun spice

- **TOMATO SALAD**

- 1 (1-lb) heirloom tomatoes, cut in half or quartered
- 1/4 cup each diced red bell pepper and finely diced onion
- 1 jalapeno chile, seeded, minced (1 tablespoon) or mild peppers
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped cilantro
- 2 tablespoons red wine vinegar
- 1 tablespoon honey
- 1/4 teaspoon freshly ground pepper

## DIRECTIONS

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- In small bowl, whisk oil, cilantro, sofrito, garlic, black pepper, salt, red pepper flakes, and chili powder until combined; rub over shrimp. Marinate 30 minutes, in refrigerator, turning once.
  - Prepare an outdoor grill or preheat stovetop grill pan over medium-high heat. Grill shrimp 2 1/2 to 3 1/2 minutes per side until just cooked through (shrimp will be just barely opaque in thickest part when cut with a knife). Serve with salad
  - **For the Tomato Salad** In medium bowl, combine all salad ingredients. Let stand at room temperature while shrimp are marinating.
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# PAN SEARED FILET OF BEEF WITH PLUM SALAD

## INGREDIENTS

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- 6 (3oz) medallions of beef
- 2 tablespoons olive oil
- 1 tablespoon coffee chipotle seasoning
- 1 1/2 teaspoons finely ground black pepper
- 2 tablespoons chopped garlic
- 2 tablespoons chopped shallots
- 2 tablespoons butter
- 1/4 cup beef stock
- 1 tablespoon Worcestershire sauce

## DIRECTIONS

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- Season the medallions with the oil and coffee chipotle seasoning. Heat a sauté pan large enough to hold the medallions over high heat until the pan is very hot, about 2 minutes. Sear the meat until evenly browned on all sides, about 2 minutes per side. Remove from the heat and put the medallions on a serving dish
  - Using the same pan, sauté the garlic and shallots with olive oil, until brown. Add the beef stock, black pepper and worcesterhire and reduce by half. Add the cold butter and reduce the heat to simmer.
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# PLUM SALAD

## INGREDIENTS

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- 1 red or black plum, stone removed
- 1/2 medium red onion
- 1 tablespoon fresh mint leaves
- 1/4 cup orange juice, (reserved from segmenting oranges)
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper

## DIRECTIONS

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- Cut away the peels from the oranges, leaving them free of any white pith. Working over a bowl, segment the oranges and grapefruit by cutting in between the membranes on both sides of each segment. Use the edge of the knife to help release the segments into the bowl. Repeat until the oranges are completely segmented. Squeeze the membranes over a separate nonreactive bowl to release any remaining juices and set aside.
- Thinly slice the plum and red onion and add them to the bowl with the citrus segments. Add mint leaves to the bowl and toss well.
- Combine the 1/4 cup blood or navel orange juice with the olive oil, red wine vinegar, Dijon mustard, orange zest, salt and black pepper and whisk well. Toss the vinaigrette with the orange and grapefruit segments, plum and fennel mixture. Marinate for 15 minutes and set aside until ready to use