

Prawns Del Cabo Wabo



Serves two as an appetizer – multiply for more servings

Ingredients

6 Wild Mexican Prawns (size 21-25 per lb.)

1 tsp extra virgin olive oil

Pinch fresh garlic diced small

Pinch fresh basil, julienne/sliced

Pinch Duke's Superb Herb Blend

1 Tbsp fresh cilantro, diced small

2 Tbsp Sinful Citrus Vinaigrette (see below)

Avocado Tower Salad (see below)

Directions:

- Peel, devein, rinse and dry Prawns.
- Marinate with extra virgin olive oil, garlic, basil, Duke's Superb Herb Blend for at least an hour.
- Sear Prawn on a hot flat griddle or sauté pan and arrange on plate.

Sinful Citrus Vinaigrette

Ingredients:

1 egg, 2 Tbsp fresh whole garlic cloves; 2 Tbsp fresh basil leaves, stems removed; ¼ tsp kosher salt; 1 ½ tsp fresh cracked black pepper; 1 cup + 2 Tbsp extra virgin olive oil; and ½ cup fresh squeezed lemon juice.

Directions:

Place egg in food processor and blend for 2 minutes until frothy. While mixing, blend in garlic and basil until smooth. Add salt and pepper. In a thin, constant stream, slowly add olive oil (too fast and the dressing will separate). Add lemon juice and mix just until smooth.

Avocado Tower Salas

Ingredients:

½ fresh avocado diced medium; 2 Tbsp Dukecumber Pico de Gallo (see below); juice from half of a lime; 1 tsp extra virgin olive oil; pinch Duke's Ready Anytime Seasoning; ½ tsp Duke's Superb Herb Blend.

Directions:

Gently combine ingredients to avoid smashing the avocados. Place in a stainless steel tower mold (2 in cube) to form shape then turn out on plate. Note: if you don't have a mold, simply place in a mound.

Dukecumber Pico de Gallo

Ingredients:

1 cup ripe tomato diced; ¼ cup green onions, green parts only, diced small, 1 cup cucumber, peeled, seeds removed and diced small; ½ tsp crushed red pepper; juice of 1 lemon, ½ tsp kosher salt, ¼ bunch cilantro, stems removed, diced medium.

Directions:

This one's simple. Just mix well and refrigerate.

Tips:

Sustainable only please: Try to find sustainable scallops in your frozen food aisle. Yes, frozen. Fish frozen within 48 hours of catch has a fresher flavor than "fresh" fish that may be older than you think. If you have a fishmonger you trust, buy all means purchase from them.

To learn more about Duke's Seafood or enjoy the full collection of recipes by purchasing Duke's Seafood's cookbook, "***As Wild As it Gets; Duke's Secret Sustainable Seafood Recipes***" visit us at www.dukesseafood.com.

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