

## Pan-Seared Tandoori Scallops with White Chocolate Curry Sauce

YIELD: 4 TO 6 PORTIONS

### INGREDIENTS

#### SCALLOPS

12 whole	10/20	Scallops
¾ cup	180 ml	Plain Yogurt
3 tbsp	45 ml	Tandoori Spice Rub
2 tbsp	30 ml	Olive Oil
1 tbsp	15 ml	Lemon Juice
1 tbsp	15 ml	Unsalted Butter, room temperature
to taste		Salt

#### WHITE CHOCOLATE CURRY SAUCE

1 cup	250 ml	35% Cream
¾ cup	180 ml	White Chocolate
2 tbsp	30 ml	Olive Oil
1 ½ tbsp	22 ml	Unsalted Butter
1 tbsp	15 ml	Curry Powder
1 tsp	5 ml	Minced Ginger
1 tsp	5 ml	Minced Garlic
to taste		Salt and Ground Black Pepper

### METHOD

#### SCALLOPS

- 1) Combine the Tandoori spice rub, salt, lemon juice and yogurt. Add the scallops and marinate for 15 minutes.
- 2) Heat the olive oil in a non-stick frying pan and sear marinated scallops for approximately 2 minutes per side. Reserve scallops; keeping hot.

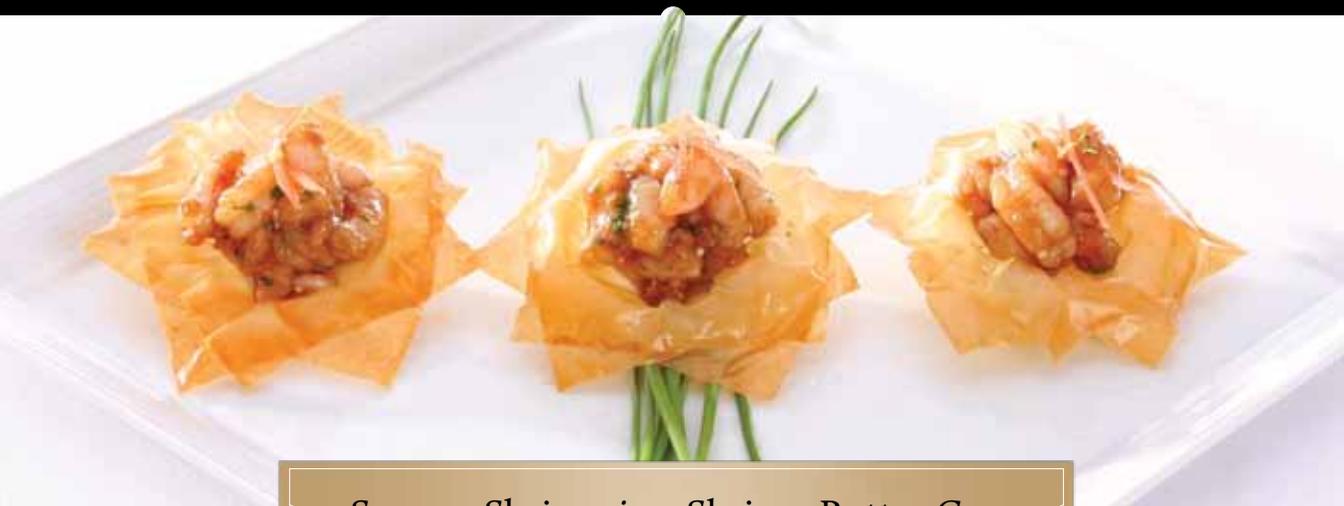
#### WHITE CHOCOLATE CURRY SAUCE

- 1) Melt ½ tablespoon of butter in a sauce pan and sauté the ginger and garlic for 1 minute.
- 2) Add the curry powder and cook on very low heat for 1 minute.
- 3) Add the cream, bring to a boil and reduce until slightly thickened.
- 4) Slowly melt the white chocolate in the sauce and whisk to avoid lumps. Season to taste.
- 5) Serve the seared scallops in a pool of white chocolate curry sauce.

#### Serving

Serve the seared scallops on a bed of white chocolate curry sauce.





## Sesame Shrimp in a Shrimp Butter Cup

YIELD: 4 TO 6 SERVINGS

### INGREDIENTS

#### SEASAME SHRIMP

1 lb	90/120	Cooked Shrimp
½ cup	125 ml	Sesame Oil
¼ cup	60 ml	Soy Sauce
¼ cup	60 ml	Sake or Rice Wine Vinegar
2 tbsp	30 ml	Honey
1 tbsp	15 ml	Sesame Seeds
2 tsp	10 ml	Tabasco Sauce
1 tsp	5 ml	Minced Garlic
1 tsp	5 ml	Minced Ginger
1 tsp	5 ml	Dijon Mustard
½ bunch		Fresh Chives, finely sliced

#### SHRIMP BUTTER CUP

8 sheets	90/120	Phyllo Dough
½ cup	125 ml	Clarified Butter or Melted Butter
¼ cup	60 ml	Cooked Shrimp

### METHOD

#### SEASAME SHRIMP

- 1) Blend the soy sauce, sake, garlic, ginger, honey, Tabasco and Dijon mustard in a blender. In a slow stream, add the sesame seed oil - allow the mixture to emulsify.
- 2) Remove the mixture from the blender, place on the stovetop and simmer for approximately 3 to 5 minutes.
- 3) Add the sesame seeds, shrimp and chives.
- 4) Serve warm or chilled.

#### SHRIMP BUTTER CUP

*Preheat the oven to 375 degrees Fahrenheit.*

- 1) Prepare a damp cloth for the phyllo dough (*Note: the damp cloth will prevent air from drying out the dough*).
- 2) In a blender, combine 1 tbsp of the cooked shrimp and the hot butter. Blend the ingredients together until a thin paste has been achieved. Keep the mixture warm - this will ensure the ease of spreading.
- 3) Remove one sheet of the phyllo at a time. Use a knife and cut 3" by 3" squares out of the dough. For each cup you will require three squares. With the first square, brush on the shrimp butter, place another piece over the square turning by 90 degrees (*the corners should be opposite*), brush with the butter. Continue with the last square; when all three squares are glued together, place in a small muffin tray that has been sprayed with a cooking spray and ensure that the edges are over the corner of the cups in the tray. Do this with each of the cups.
- 4) Bake the cups at 375 degrees Fahrenheit for approximately 5 minutes, or until golden brown.
- 5) Fill the cups with the shrimp mixture and garnish with finely chopped chives.



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## Caribbean Crab Salad

YIELD: 4 TO 6 SERVINGS

### — INGREDIENTS —

1 whole		Thinly Sliced English Cucumber
2 cups	500 ml	Crab Meat
1 cup	250 ml	Finely Diced Fresh Mango
½ cup	125 ml	Finely Diced Red Pepper
¼ cup	60 ml	Chopped Fresh Cilantro (6 leaves for garnish)
¼ cup	60 ml	Mayonnaise
2 tbsp	30 ml	Honey
1 tbsp	15 ml	Grated Fresh Ginger
1 tsp	5 ml	Finely Diced Jalapeno Pepper (seeds removed)
½ whole		Lemon, juiced
to taste		Ground Cumin
to taste		Chili Flakes
to taste		Salt & Ground Pepper
to taste		Amchur Powder (dehydrated unripe)

### — METHOD —

- 1) Combine crab meat, mango, peppers and seasonings.
- 2) Fold in mayonnaise and taste for seasoning.
- 3) Chill salad until ready to serve.

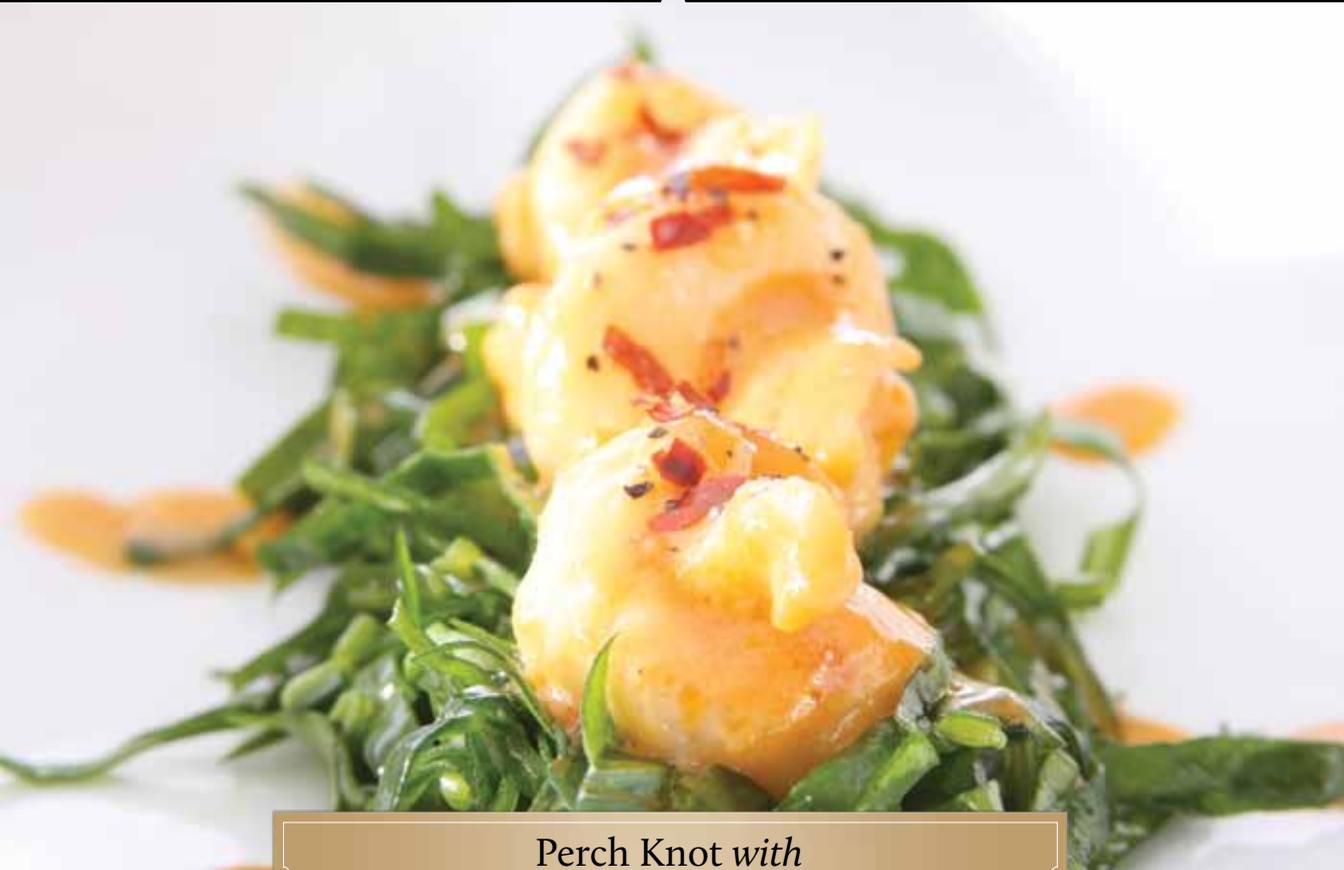
#### 🌀 Serving

Place cucumber slices into a flower shape on a plate or platter and mound some of the crab salad in the centre and season with salt. Garnish with cilantro leaves. Can also be served as bite size snacks, place a small amount onto each cucumber slice and garnish with cilantro.

\* Amchur Powder can be found at Indian food stores



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## Perch Knot *with* Roasted Red Pepper Cream Sauce

YIELD: 4 TO 6 SERVINGS

### — INGREDIENTS —

4 whole	4-6 oz	Perch Fillets
1 cup	250 ml	35% Cream
2 whole		Red Peppers, roasted, peeled, pureed
1/2 cup	125 ml	Finely Diced Shallots
1/4 cup	60 ml	White Wine
2 tbsp	30 ml	Chopped Fresh Tarragon
1 tbsp	15 mL	Unsalted Butter, room temperature
As needed		Crushed Chilies
to taste		Salt and Ground Black Pepper

### — METHOD —

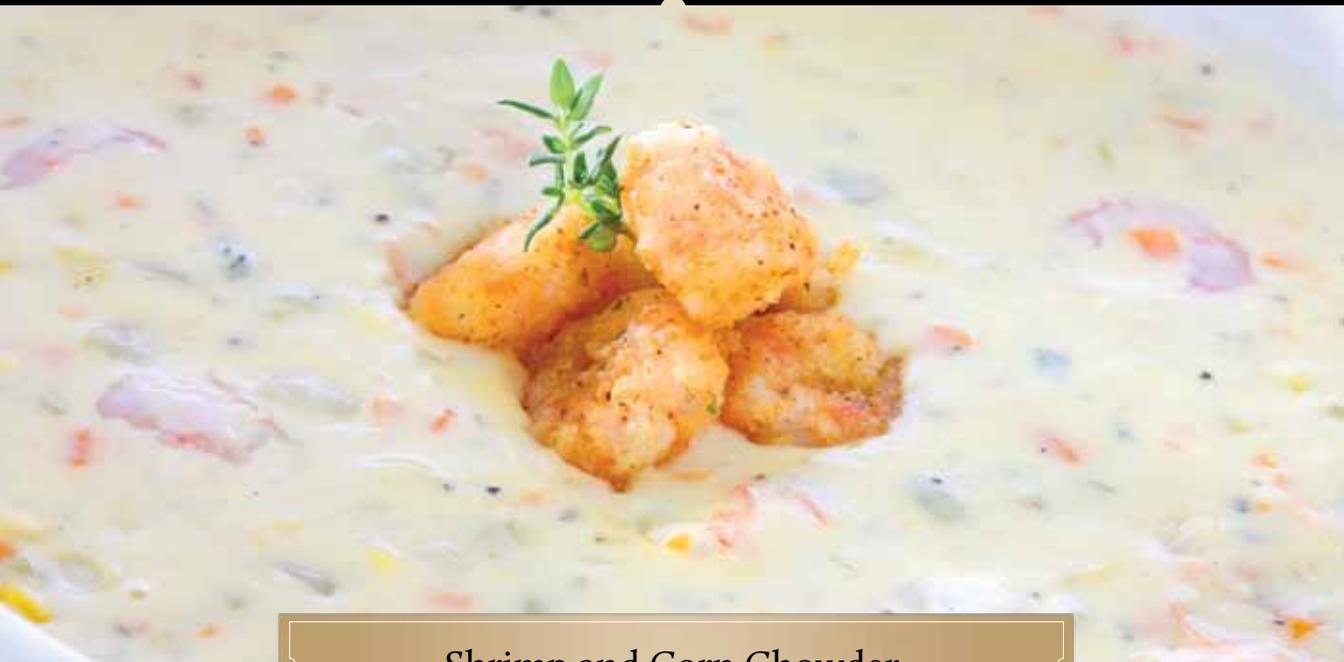
- 1) For the perch, cut the fillets length-wise into 1/2 inch strips. With each piece; roll, fold or tie the fish into tight knots, and reserve.
- 2) Sauté the shallots in butter. Add the white wine and pieces of fish.
- 3) Bring to a boil, reduce to low heat, cover and cook for 3 minutes.
- 4) Remove perch and reserve, keeping hot.
- 5) Bring remaining liquid to a boil; add pureed red pepper, tarragon and cream. Bring to a simmer and reduce until slightly thickened. Season with salt and pepper.
- 6) Place the perch and the sauce onto a bed of pasta, rice or greens.

🌀 *Serving*

*Garnish with crushed chilies and serve immediately.*



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## Shrimp and Corn Chowder

YIELD: 4 TO 6 SERVINGS

### INGREDIENTS

1 cup	250 ml	90/120 Cooked Shrimp
30 each		90/120 Cooked Shrimp for garnish
4 cups	1000 ml	Vegetable or Fish Stock
2 cups	500 ml	35% Cream
2 cups	500 ml	Frozen Corn Kernels
2 cups	500 ml	Peeled and Medium-Diced Potatoes
1 cup	250 ml	Finely Diced Onions
2/3 cup	150 ml	Peeled and Finely Diced Carrots
2/3 cup	150 ml	Finely Diced Celery
1/3 cup	75 ml	All Purpose Flour
2 tbsp	30 ml	Canola Oil
2 tbsp	30 ml	Minced Garlic
1 tbsp	15 ml	Unsalted Butter
12 sprigs	12 sprigs	Chopped Thyme <i>(save 6 sprigs for garnish)</i>
2 whole		Bay Leaves
to taste		Salt & Ground Pepper
to taste		Cayenne Pepper
to taste		Paprika
to taste		Dried Parsley

### METHOD

- 1) Heat oil in pot and sweat garlic, onions, carrots and celery until soft. Add potatoes, bay leaves and thyme sprigs.
- 2) Add stock and bring to a simmer. Cook until potatoes are tender approximately 5 to 10 minutes.
- 3) Melt butter in the pot and whisk in 1-1 ½ tbsp flour to create a roux. Slowly add some stock and whisk until it has thickened.
- 4) Whisk the roux and chowder base and simmer until thickened about 10 to 20 minutes.
- 5) Add the cream, frozen corn and shrimp and simmer until heated through.

#### 🌀 Serving

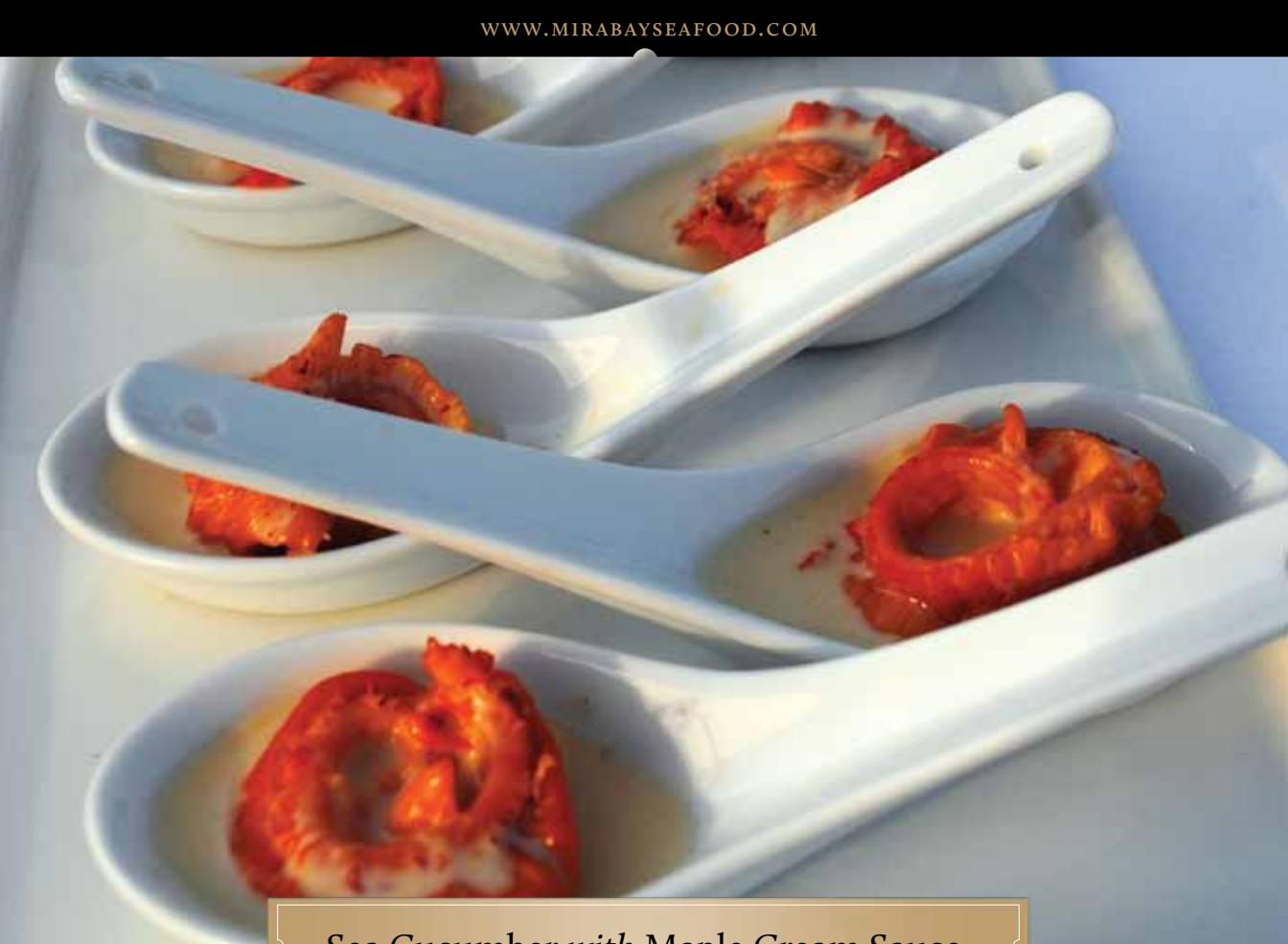
*Ladle some broth with lots of shrimp and vegetables into each bowl.*

*To Garnish: combine the remaining 1/4 cup of flour, cayenne, paprika, dried parsley. Coat each of the thirty shrimp. Pan-fry until crisp; approximately 1 minute on each side. Place five shrimp in the center of each bowl with a sprig of thyme.*

*Serve hot with a fresh biscuit.*



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## Sea Cucumber with Maple Cream Sauce

YIELD: 4 TO 6 SERVINGS

### — INGREDIENTS —

#### 🌀 SEA CUCUMBER

1 lb	90/120	Sea Cucumber Meat
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#### 🌀 MAPLE CREAM SAUCE

1 tbsp	15 ml	Butter
3 whole		Sliced Shallots
2 tsp	10 ml	Tarragon Vinegar
½ cup	125 ml	White Wine
1 cup	250 ml	35% Cream
2 tsp	10 ml	Creamed Horseradish
1 tsp	5 ml	Cape Breton Maple Syrup
to taste		Salt

### — METHOD —

#### 🌀 SEA CUCUMBER

1) To appreciate Sea Cucumbers unique qualities, it's very important to not overcook it, so if you are uncertain, just make the sauce, bring it to a boil, then add the cucumber meat and remove from the heat immediately. Stir the meat into the sauce and the residual heat will be enough to cook the cucumber perfectly.

#### 🌀 MAPLE CREAM

1) Over medium-low heat "sweat" the shallots by sauteing them in butter until translucent. Deglaze by pouring in the vinegar and white wine. Simmer the liquid until it is reduced by 2/3 and then add cream. Reduce again by 1/3, and add Horseradish and maple syrup. Toss in sliced sea cucumber meat and remove from heat. Season to taste.



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