



Flavorful Fall

- Menu Serves 4 -

Cajun Shrimp with Polenta
Spiced Apples with Cinnamon Crisps and Vanilla Ice Cream

To access the class video, copy and paste the following link into your browser:

www.cookingthymewithstacie.com/video-class-purchase/ffall19%2F7-

ww.cookingthymewithstacie.com

Shopping List

Dairy/Freezer

- 8 TB unsalted butter
- 1 cup Parmesan cheese (Optional)
- Your favorite vanilla ice cream

Pantry

- 1 cup instant polenta
- 1 can coconut milk
- 2 TB olive oil
- 2 TB brown sugar
- ½ cup plus 2 TB granulated sugar
- 4 flour tortillas

Produce

- 2 ears of fresh corn (or 1 ½ cups corn kernels)
- 3 cloves of garlic, minced
- 1 yellow pepper, cut in ¼" dice
- 1 yellow onion, cut in ¼" dice
- 1 pint cherry tomatoes, halved (or 2 Roma tomatoes, deseeded and chopped)
- Cilantro for garnish
- 2 Granny Smith apples
- 1 lemon

Protein

- 1-lb shrimp, thawed and shells removed

Spices

- Salt
- Black pepper
- 1 – 2 TSP Cajun seasoning
- 1TB plus 1 TSP ground cinnamon
- Pinch cayenne pepper (optional)

Specialty

- ¾ cup white wine

Equipment Needed

Baking Pans

- Rimmed baking sheet

Pots and Pans

- Dutch oven
- 2 Non-stick skillets

Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowl
- Vegetable peeler
- Whisk

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- Thaw shrimp if frozen
- Clean shrimp

Cajun Shrimp with Jammy Tomatoes and Polenta

Polenta

1 cup instant polenta
2 ears of fresh corn (or 1 ½ cups corn kernels)
1 can coconut milk
2 ¾ cups water
2 TSP salt
2 TB unsalted butter (Optional)
1 cup Parmesan cheese (Optional)
1 TB olive oil

Shrimp

1-lb shrimp, thawed and shells removed
3 cloves of garlic, minced
1 yellow pepper, cut in ¼” dice
1 yellow onion, cut in ¼” dice
1 pint cherry tomatoes, halved (or 2 Roma tomatoes, deseeded and chopped)
¾ cup white wine
Salt and pepper to taste
1 – 2 TSP Cajun seasoning
1 TB olive oil
Cilantro for garnish

With a large knife, remove the kernels of corn from the cobs. In a large Dutch oven pour in 1 TB olive oil and heat the pan to medium-low. Add the fresh corn and salt lightly. Stir while it cooks, about 5 minutes.

Next pour in the water and coconut milk, stirring well to combine. Add 2 TSP salt. While whisking, add the instant polenta and continue to whisk until fully incorporated to prevent any lumps from forming. Bring the mixture to a boil then reduce heat and cook another 2 – 3 minutes. Remove from heat and stir in butter and Parmesan cheese if desired (leaving them out makes it dairy free).

To make the shrimp heat 1 TB of olive oil over medium low heat in a large 12: non-stick skillet. Add the shrimp to the skillet and sprinkle 1 TSP Cajun seasoning over the shrimp and then lightly salt. Stir to coat then let them cook on one side 2 – 3 minutes, flip and cook an additional 2 minutes until the shrimp are opaque. Remove the shrimp to a plate. In the same skillet add the peppers and onions. Cook stirring frequently until softened, about 5 – 8 minutes. Add the garlic and cook 3 seconds. Deglaze the pan with the wine. Add the tomatoes and cook 5 minutes. Add the shrimp back to the pan to heat through. Season with salt and pepper to taste. You may add additional Cajun seasoning if you prefer it spicier.

To serve, ladle polenta into a bowl and top with the shrimp mixture. Sprinkle chopped cilantro on top for garnish.

Spiced Apples and Cinnamon Crisps with Ice Cream

Your favorite vanilla ice cream

Spiced Apples

2 Granny Smith Apples, peeled, cored and sliced
2 TB unsalted butter
Juice from ½ lemon
2 TB brown sugar
2 TB granulated sugar
1 TSP ground cinnamon
Pinch cayenne pepper (optional)

Place the peeled and sliced apples in a large mixing bowl. Squeeze the lemon over the apples and toss to coat.

In a large skillet, melt the butter over medium-low heat. Add the sugars and cinnamon. Cook until dissolved. Add the apples and cook over low heat until the apples are softened, but still crisp. Add a pinch of cayenne and stir gently. Remove from heat and serve with ice cream.

Cinnamon Crisps

4 flour tortillas
½ stick unsalted butter, melted
½ cup granulated sugar
1 TB ground cinnamon

Preheat the oven to 350°.

In a small bowl mix the sugar and cinnamon. Spread the melted butter on one side of the tortilla. Cover generously with the sugar mixture, flip over and place it on a baking sheet. Coat the second side with cinnamon/sugar. Repeat with remaining tortillas.

Bake 15 minutes, or until very crispy and browned. Remove from the oven and let cool. Break each crisp into 4 triangle pieces.

Serve with ice cream and apples.