



Seafood Fiesta
Wednesday, February 23, 2022
5 – 6:30 pm EST

Menu
Mexican Shrimp Cocktail with
Pico de Gallo and Avocado Cream
Crispy Baked Fish Tacos
Chipotle Cream Sauce

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www.cookingthymewithstacie.com/video-class-purchase/sfiesta2%3A22

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Shopping List

Dairy

- 1 cup sour cream or Greek yogurt
- ½ cup sour cream
- 1 egg

Pantry

- 2 TB olive oil
- 1 TB canola oil
- 1 ½ cups panko bread crumbs
- ½ cup all-purpose flour
- 8 tortillas, corn or flour
- ½ - 1 TSP chipotle chili in adobo sauce

Produce

- ¼ cup onion, chopped
- ½ cup yellow bell pepper, diced
- ¼ cup fresh cilantro, chopped
- 1 plum tomato, seeds removed and diced small
- 2 fresh limes
- 2 small avocados
- 2 cloves of garlic
- Shredded cabbage for garnishing tacos
- 1 bunch fresh cilantro

Protein

- 18 large shrimp (I prefer Argentinian shrimp from Trader Joe's)
- 1 pound swordfish (this is enough to make 8 street tacos)

Spices

- ¾ TSP cumin
- ½ TSP chili powder
- ½ TSP paprika
- 1/8 TSP cayenne pepper
- ¼ TSP onion powder
- Kosher salt and black pepper
- ¾ TSP garlic powder
- ¾ TSP smoked paprika
- 1 TSP oregano

**Please note, the amount of pico de gallo is for garnishing the shrimp cocktail, you can make more if you would like to have extra!

Equipment Needed

Baking

- Large baking sheet

Electric

- Food processor

Pots and Pans

- Non-stick skillet

Utensils

- Cutting board
- Chef's knife
- Measuring cups and spoons
- Mixing bowls, various
- Parchment paper

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.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Thaw fish if frozen
- Thaw shrimp

Mexican Shrimp Cocktail

Makes 6 servings

Shrimp

18 large shrimp, peeled and deveined
½ TSP cumin
½ TSP chili powder
½ TSP paprika
1/8 TSP cayenne pepper
¼ TSP onion powder
¼ TSP Kosher salt
2 TB olive oil

Pico de Gallo

¼ cup onion, chopped
½ cup yellow bell pepper, diced
¼ cup fresh cilantro, chopped
1 plum tomato, seeds removed and diced small
Juice of 1 fresh lime
Salt and pepper to taste

Avocado Cream

2 small ripe avocados
1 clove of garlic, chopped
1 cup sour cream or Greek yogurt
Pinch of salt and pepper
Juice of ½ lime

For the shrimp, combine all the spices and 2 TB of olive oil in a medium bowl. Add the raw shrimp and toss to coat. Set aside while preparing the other components.

For the pico de gallo, combine all the ingredients in a medium bowl and set aside.

For the avocado cream, in a food processor, combine all the ingredients until smooth. Taste to check for seasoning.

Next, heat 2 TB of olive oil in a non-stick skillet over medium-low heat. Add the shrimp in a single layer and cook 2 minutes per side. Remove from the heat and let cool slightly.

To assemble, place the cream on the bottom of a serving dish, sprinkle the pico de gallo and top with two – three shrimp.

Fish Tacos

Makes 8 tacos

1 pound swordfish, cut in 1" x 3" pieces
1 ½ cups panko bread crumbs
¾ TSP garlic powder
¾ TSP smoked paprika
1 TSP oregano
¾ TSP kosher salt
½ TSP black pepper
1 TB canola oil
1 egg
1 TB water
½ cup all-purpose flour
For garnish: shredded cabbage
Tortillas

Preheat oven to 400° and place an oven rack towards the top third of the oven.

In a shallow dish place the flour. In another dish place one egg and beat it with 1 TB of water. In a third shallow dish, combine the panko, garlic powder, smoked paprika, oregano, salt, and pepper. Toss this mixture with 1 tablespoon of canola oil.

Salt and pepper each piece of fish.

Lightly coat each piece of fish in the flour, then the egg, and finally in the panko. Pressing the panko crumbs gently into the fish until it is well coated. Place each piece on a parchment lined baking sheet.

Bake for 12 – 15 minutes until the fish easily flakes with a fork or is about 170 degrees.

Serve immediately with tortillas, shredded cabbage and chipotle cream sauce.

Chipotle Cream Sauce

½ cup sour cream
1 garlic clove, minced
¼ TSP cumin
1 TB cilantro, chopped
1 TB lime juice
½ - 1 TSP chipotle chili in adobo sauce
Dash of salt

Blend this together in a mini food processor or add chopped cilantro to the remainder of the ingredients and mix well in a small bowl.