



Trip to the Tropics

- Menu -

Coconut Shrimp with Sweet Chili Dipping Sauce
Macadamia Nut Encrusted Chicken with Pineapple/Papaya Salsa
Hawaiian Slaw

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Shopping List

Dairy/Freezer

- 5 large eggs
- 2 TB unsalted butter

Pantry

- Kosher salt and black pepper
- 1 ½ cups all-purpose flour
- 1 cup shredded sweetened coconut
- 2 ¾ cups Panko breadcrumbs
- 2 cups canola oil
- 5 TB olive oil
- 1/3 cup orange marmalade
- ¾ cup plus 1 TB soy sauce
- 2 TB dark brown sugar
- ¼ cup granulated sugar

Produce

- 1” fresh ginger piece
- 2 cloves of garlic
- 3 cups green cabbage (and a bit more for shrimp garnish) You can also substitute a bag of coleslaw mix
- 2 large carrots
- ½ red onion
- 1 lemon
- ½ Pineapple
- 1/2 Papaya

Protein

- 1-pound large shrimp, tails on
- 6 small boneless, skinless chicken breasts (or 3 large cut in ½)

Specialty

- 1/3 cup Sweet chili sauce
- 1 cup macadamia nuts
- 3 TB rice vinegar
- 1 TB sesame oil

Spices

- 1/8 TSP cayenne pepper
- Optional (1 TSP black sesame seeds)
- ¼ TSP ground ginger

Equipment

Baking

- Large rimmed baking sheets
- Wire rack

Pots and Pans

- Large Dutch oven for frying
- Large skillet
- Medium saucepan

Utensils

- Box grater
- Chef's knife
- Colander
- Cutting board
- Measuring cups and spoons
- Slotted spoon
- Various bowls
- Whisk
- Ziploc bag

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.

- Prepare the pineapple and papaya for the relish
- Marinate the chicken
- Thaw and clean shrimp

Coconut Shrimp with Sweet Chili Dipping Sauce

Serve 6, 5 shrimp each

For the shrimp

1-pound large shrimp (about 30) peeled and deveined with tail on

$\frac{3}{4}$ cup all-purpose flour

2 large eggs, beaten

2 TSP water, lukewarm

1 cup sweetened shredded coconut

1 cup Panko breadcrumbs

2 cups canola, vegetable, or coconut oil, for frying

Kosher salt and pepper

For the sauce

$\frac{1}{3}$ cup sweet chili sauce

$\frac{1}{3}$ cup orange marmalade

Salt to taste

$\frac{1}{8}$ TSP cayenne pepper, optional

Thaw shrimp if needed. Peel and devein the shrimp; set inside a colander over a bowl to drain. Next you are going to set up your “dipping station”. In a medium bowl, add the flour, $\frac{1}{4}$ TSP Kosher salt and $\frac{1}{4}$ TSP freshly ground black pepper, stir to combine; set aside. In another bowl, add the eggs and 2 TSP lukewarm water and whisk; set aside. In the third bowl, add the coconut, Panko, tossing to combine; set aside.

To a Dutch oven or large skillet, add the oil and heat over medium-high heat. While oil heats up, begin the battering process. (I use an electric skillet so that I can maintain the correct temperature)

Remove the shrimp from the colander placing them on to several sheets of paper towel, gently press out any water. Next you will bread the shrimp.

Coat each shrimp in flour, then dredge in egg, and last place the shrimp in the coconut-Panko mixture pressing it firmly to ensure each shrimp is coated well, set aside on a sheet pan repeating the process with all remaining shrimp. Once all shrimp have been prepared, start frying. For best results, the temperature of the oil should be between 325° F - 350° F; wait to fry until your oil is hot enough to ensure a crispy coating.

Fry the shrimp in small batches (4 - 6 at a time), 2 - 4 minutes, flipping as necessary, and frying until as dark and crispy as desired. (You will need a slotted spoon or a bamboo spider to retrieve the shrimp.) Keep in mind, when you fry in small batches the oil does not drop in temperature as

much, keeping the coating crispier. You will need to continue to check the temperature of the oil. If it drops below 325° F, the coating will start to absorb the oil. Exact cooking time will vary slightly depending on the size of your pan and the time in between batches, allowing oil to maintain optimal temperature. Once cooked to the desired doneness, remove to a sheet pan that has been lined with paper towel and a wire rack.

To make the sauce:

Combine the ingredients in a small bowl and season to taste with the salt and cayenne.

Serve immediately.

Macadamia Nut Encrusted Chicken with Papaya and Pineapple Relish

Serves 6

6 small boneless, skinless chicken breasts (if large, cut 3 chicken breast sin ½)

¾ cup soy sauce

2 TB dark brown sugar

1 TSP minced fresh ginger

2 garlic cloves, minced

5 TB olive oil, divided

½ TSP Kosher salt

¼ TSP freshly ground black pepper

1 cup macadamia nuts, finely chopped

1 ¾ cup Panko breadcrumbs

¾ cup all-purpose flour

3 large eggs, lightly beaten

2 TB unsalted butter

Whisk together the soy sauce, sugar, ginger, garlic and 1TB olive oil in a bowl. Pour into a Ziploc bag. Season both sides of the chicken breasts with salt and pepper and place in the bag with the marinade, turning to coat chicken. Chill the marinated chicken in the refrigerator about 1 hour turning occasionally.

Preheat oven to 400° F.

Create your breading station:

Using a shallow dish place the all-purpose flour. Next, mix the breadcrumbs and the nuts together and place in a second shallow dish. In the last dish, whisk the eggs together.

Remove chicken from marinade, and discard the marinade. Dredge each chicken breast first in the flour, secondly dip in the beaten eggs. Place the chicken breast in the crumb mixture, pressing gently to adhere. Flip it over and continue to coat well. Set aside on a platter. Repeat with remaining chicken breasts.

Heat 2 TB oil and 1 TB butter in a large skillet over medium heat until butter melts. Cook 3 chicken breasts over medium heat 4 minutes; turn and cook an additional 3 minutes or until golden. Transfer chicken to a lightly greased rimmed baking sheet. You may need to wipe out your pan if there is an accumulation of breadcrumbs. They may start to burn.

Add the remaining 2 TB oil and 1 TB butter and brown the rest of the breaded chicken pieces.

Bake 17 minutes or until chicken is done and a thermometer reads 165° F in the thickest portion. Serve with Papaya-Pineapple Relish.

Pineapple Papaya Relish

1 cup pineapple, diced (I prefer using fresh, but you can use canned pineapple tidbits)

1 cup papaya, diced

1/4 cup granulated sugar

1/2 tsp Kosher salt

¼ TSP cayenne pepper, to taste

Fresh ground pepper to taste

In a medium saucepan stir together the fruit, sugar, salt and cayenne. Bring the mixture to a boil, stirring occasionally.

Reduce the heat and simmer, uncovered, 20 minutes, stir the relish occasionally.

Hawaiian Slaw

For the salad

3 cups green cabbage, shredded (or a bag of coleslaw mix)

2 large carrots, shredded

½ red onion, chopped (about ¾ cup)

Optional garnish (1 TSP black sesame seeds)

For the dressing

Juice from 1 lemon (about 4 TB)

1 TB soy sauce

3 TB rice wine vinegar

1 TB sesame oil

¼ TSP ground ginger

Salt and pepper to taste

Combine the salad ingredients in a large bowl.

In a separate bowl, combine the dressing ingredients and whisk until combined.

Combine the salad and the dressing in a bowl, gently mix.

Chill at least 30 minutes.