



There's a Chef in My Kitchen, LLC

Quinoa, Shrimp, and Corn Salad *with Honey Chipotle Dressing*

Serves 6

Quinoa is a fabulous grain in every sense of the word. It is loaded with protein, unlike its look-a-like counterpart cous cous, and it is loaded with a light nutty flavor. It is the perfect backdrop to this combination of shrimp, corn, vegetables and the hot-sweet-smoky flavor of the dressing. I like to prepare my Quinoa with a combination of filtered water and high quality chicken (preferably homemade) stock. If using a mild flavored canned broth then I suggest using all broth. This dressing is strangely addicting. The sweet smoky counterpoint is as subtle as the star anise. It is, indeed, a strange combination that layers in a nuance, which works elegantly in the tasting profile of this dish.

Ingredients:

For the salad:

3/4 pound large shrimp, peeled, deveined, and butterflied
3 tablespoon olive oil, divided
Generous pinch of saffron (up to 1 teaspoon, depending on your taste preference)
2 tablespoons butter
1 1/2 cups corn (use frozen or when in season, fresh cut from the cob)
3 medium leeks, cleaned, roots removed, sliced lengthwise in half and then sliced thin, white and light green parts only (to yield about 1 cup)
3 cups prepared Quinoa
2/3 cup fine chopped celery
1 medium red pepper, fine chopped (to yield about 2/3 cup)
2 tablespoons fresh thyme, chopped to release aromatics
1 tablespoon fresh oregano,
Sea salt and fresh ground pepper, to season
1 tablespoon fresh chopped parsley, to garnish

For the dressing:

1/2 cup sherry wine vinegar
1/4 cup honey
3 star anise (optional)
1 tablespoon finely chopped chipotle chile with adobo sauce (about 1 large chile)
1 teaspoon cocoa chile powder (or substitute any chile powder)
1 cup organic canola oil
Sea salt, fresh ground pepper to season

Preparation:

Preheat the broiler and adjust top rack to about 8" from heat source. Lightly toss shrimp with about 1 tablespoon olive oil, saffron, and season with salt and pepper. Turn shrimp out onto a baking sheet and broil until shrimp are just cooked through and light salmon-pink in color, about 3 – 5 minutes. Set aside to cool.

courtesy of: www.TheresAChefinMyKitchen.com



There's a Chef in My Kitchen, LLC

In a large, heavy skillet (I use cast iron) heat the butter and oil over medium heat. When butter is bubbling, add leeks and corn. Toss to coat. Season with salt and pepper. Sauté until leeks and corn are beginning to caramelize on the edges. Take care not to steam the vegetables; the goal is to pan roast the vegetables which allows the sugars in the vegetables to begin to caramelize, leaving you with the crisp, caramelized exterior and a tender – but not soft – interior. Remove from heat and transfer to a shallow bowl to cool.

In a large mixing bowl combine the Quinoa, the celery, the red pepper, and the herbs. Coarsely chop the broiled shrimp, saving 3 or 4 to use whole for a garnish. Add the shrimp, and the cooled vegetables. Mix gently to combine.

Make the dressing: In a small, heavy sauce pan placed over medium low heat, combine the vinegar and the honey. Add the star anise and bring to a boil. Once boiling, immediately remove from the heat and set aside to cool about 20 to 30 minutes, which allows the star anise flavor to subtly steep into the mixture. Strain the mixture into a small food processor or a blend; discard the star anise. *Note: if you choose not to use the star anise infusion, simply pour the vinegar and honey into the work bowl of a small food processor and proceed.* Add the chile and the chile powder. With the processor running, slowly add the oil to create an emulsified dressing. Check flavor at 1/2 and 3/4 cups of oil. Depending on your flavor preference, you may choose to use less than the full amount of oil.

Add about 1/3 of the dressing to the Quinoa and gently toss to combine. Take care to lightly dress the salad. Pass the extra dressing at the table.

courtesy of: www.TheresAChefinMyKitchen.com

Recipe Copyright © 2008 by Donna Marie Desfor & There's a Chef in My Kitchen, LLC.
All Rights Reserved.