

Shiitake Shrimp and Scallop Tower

With Black Quinoa Caviar and Sweet Asian Slaw

Cost per plate \$4.68

Shiitake Shrimp and Scallop Tower with Sweet Asian Slaw and Black Quinoa Caviar

1/2 oz shredded green cabbage
1/2 oz shredded red cabbage
1/8 oz cilantro
1/8 oz fresh mint
1/2 oz parcooked sweet potato
1/8 oz fresh ginger
1/4 oz raw apple
1/2 oz raw mango
1/8 oz fresh garlic
1 tsp lower sodium soy sauce
1/2 tsp sesame oil
2 tsp orange juice
1/2 tsp white wine vinegar

1/4 cup cooked black quinoa
1/4 tsp fish sauce
1/2 cup cooked brown rice
1/4 tsp toasted coconut

1/2 oz shitake mushroom
1 oz bay scallops
1 1/2 oz 71-90 pd shrimp
1 tsp sesame oil
1/2 oz fresh garlic
1/8 oz crushed red pepper
1 tsp lower sodium soy sauce
1 oz fresh cilantro
Pan Spray

1/2 tsp pureed cucumber
1/2 tsp pureed edamame
1/4 tsp prepared horseradish
1/8 tsp fresh mint
1/8 tsp cilantro
1 tsp pureed red pepper
1/8 tsp canola oil

SLAW:

1. Julienne sweet potato
2. Bring small pot to boil and add sweet potato. Boil for 2 minutes, shock in ice and keep chilled
3. Add cabbages, chopped cilantro and chopped mint, shaved ginger, diced apple, julienned mango to bowl with chilled sweet potato.
4. In separate bowl, combine garlic, orange juice, soy sauce, sesame oil and vinegar and whisk
5. Pour dressing over slaw and keep chilled

BROWN RICE:

1. Cook Brown Rice to Package Directions; hold warm (> 140 F)
2. Stir in Toasted Coconut; hold at > 140 F

BLACK QUINOA CAVIAR:

1. Cook Quinoa according to package directions
2. Stir in Fish Sauce
3. Chill in Martini Shaker and hold ice cold

STIR FRY:

1. Add sesame oil to pan and heat to medium high
2. Add julienned shitake mushroom caps, cook until just tender
3. Add garlic and crushed red pepper
4. Add shrimp, cook until just opaque
5. Add scallops and cook approx 30 seconds to >140 F
6. Add soy sauce and reduce to ½
7. Add chopped cilantro
8. Hold at >140F

MOCK WASABI:

1. Combine cucumber, edamame, horseradish, mint, cilantro and half of the canola oil in blender and puree until smooth

RED PEPPER COULIS:

1. Combine red pepper, and canola oil in blender and puree until smooth

ASSEMBLY

1. Cut bottom off of 12 oz disposable cup and seal with plastic wrap
2. In order, put prepared solids from stir fry, quinoa, brown rice, and slaw and compress well.
3. In pan re-heat liquid from stir fry
4. Invert cup and form tower in center of plate
5. Top with heated stir fry sauce
6. Garnish plate with yin and yang symbols using “wasabi” and red pepper coulis