Summer Shrimp Salad

From the Gulf Coast Research Laboratory

As temperatures rise along the Mississippi Gulf Coast, cooler dishes like this shrimp salad will help you stay cooler while enjoying a delicious local seafood resource. The cucumber, lettuce, lime juice, and fresh corn all help your body manage the heat. And the chili-garlic sauce adds a little spicy heat for contrast.

Source
This recipe comes from Anita Arguelles, GCRL marketing specialist, fly fisher, and food enthusiast.

Serves six

Tips from the Cook
When you peel the shrimp and de-vein them, slice them completely in half down the back from front to tail. Your dish will still have the look of whole shrimp, and the halves are easier to eat in one bite.

Ingredients

- 1 teaspoon Sriracha or another chili-garlic sauce
- 1/2 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon plus 1/8 teaspoon ground black pepper
- 2 pounds uncooked large shrimp, peeled and deveined
- 5 tablespoons extra-virgin olive oil, divided
- 2 ears of fresh corn with husk intact
- 3 small tomatoes, cut into 1/2-inch-thick wedges
- 1/3 cucumber, halved lengthwise and thinly sliced crosswise
- 4 teaspoons fresh lime juice
- 2 teaspoons reduced-sodium soy sauce
- 1 teaspoon sesame oil
- 1 large avocado, halved, peeled, pitted, cut into thin cubes
- 8 cups (loosely packed) mixed baby greens
- 2 tablespoons thinly sliced fresh mint leaves

Instructions
Mix chili-garlic sauce, cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper in large bowl. Add shrimp and toss to coat. Heat 2 tablespoons of oil in heavy large nonstick skillet over high heat until hot. Add half of the shrimp and sauté until cooked through, about 3 minutes. Using tongs, transfer shrimp to plate. Add 1 tablespoon oil to same skillet. Add remaining shrimp and sauté until cooked through, about 3 minutes. Transfer shrimp to plate and cool.

Cook corn in microwave with husks on for 5 minutes on high. Remove husks and cool. Cut corn kernels off cobs. Mix corn, tomatoes, and cucumber into shrimp.
To create the dressing, whisk remaining 2 tablespoons oil, 1/8 teaspoon pepper, lime juice, soy sauce, and sesame oil in medium bowl.

Combine shrimp mixture, avocado, greens, and mint in large bowl. Add dressing and toss to coat.

This is one of a series of recipes that highlight the wealth of delicious local seafood ingredients available on the Gulf Coast of Mississippi. Do you have a family favorite? Get in touch; perhaps we can add it to the collection.

Look for more Mississippi seafood recipes on the web at www.usm.edu/gcrl/public/recipes

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