



MY LIFE IN TIME OF A GLOBAL PANDEMIC

PAN-GRILLED SHRIMP TACOS

Makes 8 tacos

Ingredients:

Marinated shrimp
4-inch flour or corn tortillas, warmed up

Paprika cream
Cabbage slaw
Sliced avocado

Shrimp and marinade

1 pound of 21-25 count raw shrimp, peeled, deveined, tail off
2 tsp minced garlic
¼ cup finely chopped onions
¼ cup chopped cilantro
1 tsp paprika
1 tsp ground cumin
1 tbsp. lime juice
2 tbsp. olive oil
Salt and pepper

Combine all ingredients in a bowl and let the shrimp marinate for 30 minutes to an hour.

Place a sauté pan over medium heat. Drain the shrimp from marinade. Once the pan is hot enough, sauté the shrimp until both sides are slightly browned or charred. It is important to do this on a very hot pan so the shrimp gets the color quickly. Do not crowd the pan. Shrimp cooks fast, maybe 1 minute on each side.



Paprika cream

1.5 cups sour cream
2 tsp paprika
1 tbsp. lime juice
Salt

Combine all ingredients in a bowl.

Cabbage slaw

2 cups finely julienned green cabbage
½ red onion, finely julienned
1 jalapeno thinly sliced
Cilantro leaves

Combine all ingredients in a bowl.

Salsa verde

1.2 lb. of fresh tomatillos, husk and stems removed
½ of yellow onion, chopped roughly
2 cloves of garlic
½ bunch of cilantro leaves
1 jalapeno
1 ripe avocado
2 tablespoons of lime juice
¼ cup of water
1 tsp of ground cumin
Salt to taste

Combine all the ingredients in a blender and puree until smooth. Taste and adjust seasoning as needed.

ASSEMBLE THE TACOS

Place 3 shrimp on a tortilla. Top the shrimp with the paprika cream.
Then add the cabbage slaw and avocado.
Eat!





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CACIO E PEPE

Serves 4

Ingredients:

- 1 lb. spaghetti, bucatini, or linguini
- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- ¼ chopped fresh herbs: parsley, chives, basil
- 1 tsp chili flakes
- 2 tsp cracked black pepper
- 1 tsp salt
- 1 cup (or more if desired) grated parmesan



PROCESS:

- Cook the noodles based on the direction on the packaging.
- Place a large pan over medium heat. Add the butter and olive oil on the pan.
- Once the butter is melted and oil is hot add the minced garlic and cook until fragrant, about 1 minute.
- Add the cooked pasta in the pan and mix with garlic. Add the herbs, chili flakes, salt and pepper.
- Combine all the ingredients well. Add the parmesan to the noodles and stir.
- Serve and enjoy!

CHEF TIPS

Always stock your pantry with a few of shelf stable items. They will come in handy during a time of quarantine. You can still make delicious food with them!

Grains, legumes, and pasta:

Rice, quinoa, barley, and other grains, dried pasta, dried beans, polenta, AP flour

Canned vegetables:

beans, tomatoes, roasted peppers, artichokes, olives, green beans, corn

Jarred sauces:

Tomato sauce, salsa, tapenade

Canned protein:

Tuna in olive oil or water, chicken, salmon, spam, anchovies, smoked trout

Canned soups and broths

Miscellaneous items: peanut butter, dried herbs, olive oil, cereals





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ONION AND HERB FOCACCIA

Makes a 9" round loaf

Ingredients:

2 cups AP flour
1 tsp dry instant yeast
1 tsp salt
1 tsp onion powder
½-cup tap water
1-cup starter

4 tablespoons EVOO
Chopped fresh herbs
1 yellow onion, julienned
1 tsp coarse sea salt



PROCESS:

Using a mixer with a dough hook, place the dry ingredients in the mixer bowl and mix using a dough hook at medium speed. Add the water, 2 tbsp. of olive oil, and 1 cup of starter to the bowl. Continue to mix using the dough hook. The mixture will be wet. Continue to mix until all the dry and wet ingredients are incorporated, and the dough forms into a ball. Drizzle 1 tablespoon of olive oil into a mixing bowl. Flour your hands and remove the dough from the mixer bowl. Transfer the dough into the oiled mixing bowl. Cover the bowl with plastic and let it rest at room temperature for 3 hours. The dough will double in size.

Oil a 9x9 baking pan or a 9-inch round cake pan. Place the dough in the baking pan and spread to cover the surface of the pan. Cover the pan and let it rest at the warmest area of your kitchen for 2 hours. The dough will rise.

Preheat the oven to 400 degrees.

Remove the cover of the dough and dimple the top with your fingertip. Drizzle the top with the remaining olive oil, sprinkle with herbs and scatter the onions on top. Sprinkle the coarse sea salt all over the dough.

Bake the dough in the middle rack of the oven for 25 minutes. The top should be golden and crusty. Let the bread rest cool down for 10 minutes before slicing.

Focaccia is best serve warm. It should be good for a couple of days and it can be reheated in the oven at 350 degrees.

You can be creative with the toppings. I used what was available in my pantry. Tomatoes and roasted garlic would be great toppings for it too!

