

# Surf and Turf Buddha Bowl

## Ingredients for Coconut Shrimp:

- ➲ 1 lb large gulf shrimp, peeled and deveined
- ➲ ½ c flour
- ➲ 2 eggs gently beaten
- ➲ ¾ c unsweetened finely shredded coconut (found in bulk section of market)
- ➲ ¾ c panko
- ➲ 1 tsp kosher salt
- ➲ 1 tsp fresh cracked pepper
- ➲ 1 tsp smoked paprika
- ➲ 3 Tbsp canola oil

## Ingredients for Snow Pea Stir Fry:

- ➲ 3 c snow peas
- ➲ 1 c matchstick carrots
- ➲ 4 c sliced shiitake mushrooms
- ➲ 4 scallions
- ➲ 1 Tbsp minced ginger
- ➲ 3 cloves minced garlic
- ➲ 1-2 tsp chili garlic paste
- ➲ 1 Tbsp mirin
- ➲ 2 Tbsp soy
- ➲ 1 Tbsp sesame oil

## Ingredients for Ginger Sushi Rice:

- ➲ 2 c sushi rice
- ➲ 2 Tbsp minced ginger
- ➲ 1 minced shallot
- ➲ 3 Tbsp butter
- ➲ 1 Tbsp chicken base (I love Penzeys!)
- ➲ 4 c chicken stock

## Directions:

### For Coconut Shrimp:

Combine panko and coconut together. Place flour, eggs and panko-coconut mixture in three separate shallow bowls. Season flour with salt and pepper. Dip each shrimp in flour, next egg and finally coat with panko mixture. Heat a large skillet with oil and in batches, if necessary, fry shrimp on medium high heat for about 4 minutes each side. If shrimp are not cooked through, but golden on outside, you can finish cooking process by placing shrimp in a 350° oven for 5-6 minutes longer. This will ensure that the crust does not get too dark.

### For Sushi Ginger Rice:

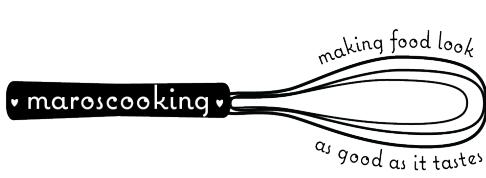
In a medium sauce pan, melt butter. Reduce heat to medium low heat and sauté ginger and shallots until they are translucent and fragrant. Add chicken base and rice and stir to coat thoroughly. Add stock, bring to a boil, then reduce to simmer and cover. Steam rice for 20 minutes. Leave covered until ready to serve.

### For Snow Pea Stir-Fry:

Heat sesame oil and canola oil in a wok or medium sauce pan. Add mushrooms and sauté until tender (about 6 minutes). You can use some water, a bit of mirin or extra stock if you need some liquid to help cook mushrooms. Add remaining vegetables followed by garlic and ginger. Once sizzling and mostly cooked, add mirin, soy and chili garlic sauce. Stir until thoroughly incorporated.

### Assemble Bowls:

Place about ½ cup or so of rice in the bottom of your bowl. Place three shrimp along one side, stir-fry in the middle, and beef on the other side. Garnish with chopped scallions and sesame seeds if desired. Serve with extra soy and chili garlic sauce or Sriracha for extra heat.



## Recipe for Mongolian Beef

