



Shrimp and Fennel Salad

Ingredients

- 4-6 Shrimp per Salad
- Spring mix greens
- 30 grams (approximately) of raw fennel bulb
- $\frac{1}{4}$ of an avocado (fanned)
- 1 tbsp fresh tarragon
- $\frac{1}{5}$ orange juice and zest
- 1 tsp honey
- 2 tbsp olive oil
- 2 tsp apple cider vinegar
- Salt and pepper to taste

Directions

1. Defrost the shrimp and brush the flesh with butter, season with salt and pepper.
2. Place the thawed shrimp on the grill and cook, baste with butter frequently. Cook until the shrimp have turned opaque and are firm, roughly 2-3 mins per side. Once cooked remove from the grill and set aside.
3. Make vinaigrette by combining orange juice, zest, vinegar, honey, oil and salt and pepper in a mixing bowl and whisking together.
4. Combine spring mix, julienned fennel and fresh tarragon with vinaigrette, lay lobster meat on top of the greens and garnish with fanned avocado.



Mushroom Risotto

Ingredients

- ½ cup Arborio rice
- 2.5 oz quartered cremini mushrooms
- 2.5 oz oyster mushrooms
- 15 grams finely diced shallots
- 1 tsp minced garlic
- 2 tbsp olive oil
- 1 tbsp of butter
- 2 tsp fresh parsley
- 1 tsp fresh thyme
- 1-2 cups of vegetable stock
- 3 tbsp grated parmesan Reggiano
- Salt and pepper to taste

Directions

1. Heat 1 tbsp of olive oil and butter in pan over medium heat, add mushrooms salt and pepper and cook until mushrooms have begun to brown, stirring occasionally.
2. Add shallots and garlic and cook until translucent approximately 1 minute, add fresh thyme and set aside.
3. In separate pan add the remaining tbsp of olive oil and heat over medium heat, add Arborio rice and warm until the rice has become translucent, without toasting.
4. Slowly start to add vegetable stock in small batches at a time, once rice has absorbed the stock, and doubled in size add to mushroom mix.
5. Stir in grated parmesan Reggiano and re season if necessary. Garnish with fresh parsley.



Easy Chocolate Mousse

Ingredients

- 1 ½ cups heavy whipping cream
- ⅓ cup sifted cocoa powder
- ¼ cup powdered sugar
- ½ tsp almond extract
- 3-4 raspberries for garnish

Directions

1. Whip heavy cream until it starts to froth and becomes slightly thickened.
2. Add powdered sugar and cocoa powder, continue to mix until stiff peaks have formed, fold in almond extract.
3. Serve mousse in ramekin or small bowl, garnish with fresh raspberries.



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| ☐ 1 bag of frozen shrimp | ☐ Fresh parsley |
| ☐ Spring mix greens | ☐ Fresh thyme |
| ☐ 1 Fennel bulb | ☐ 1 small block of parmesan Reggiano |
| ☐ 1 avocado | ☐ Heavy whipping cream |
| ☐ Fresh tarragon | ☐ Cocoa powder |
| ☐ 1 naval orange | ☐ Powdered sugar |
| ☐ Honey | ☐ 1 pint fresh raspberries |
| ☐ Olive oil | |
| ☐ Apple cider vinegar | |
| ☐ 1 package Arborio rice | |
| ☐ Cremini mushrooms | |
| ☐ Oyster mushrooms | |
| ☐ 1 shallot | |
| ☐ 1 garlic bulb | |
| ☐ Butter | |
| ☐ 1 box of vegetable stock | |