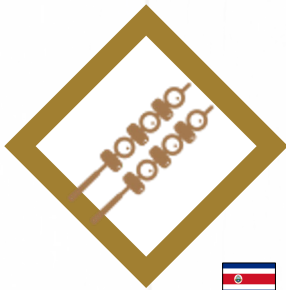


~ Menu Applications ~

Celebrating International Flavours with Bistro Shrimp

For centuries, food has brought people from around the world together. Due to its ability to cross cultural boundaries, Shrimp has been a staple ingredient in many different ethnic cuisines. Pacific White Shrimp is one of the most widely cultivated Shrimp and can be used in a variety of iconic dishes. Join us as we travel around the world on a Shrimp culinary adventure!

Appetizers



- The White Bean was first used in Argentina and now is one of the most popular ingredients in Italy today. Our White Bean and Shrimp Soup is a nutritious yet delicious way to start any meal.



- Delight your taste buds with Sweet & Spicy Moroccan Shrimp. Simply coat Bistro shrimp with a mixture of spiced cumin, turmeric, cinnamon, ginger, coriander, brown sugar and flour. Pan-fry or bake and serve.



- Shrimp Ceviche is popular throughout Central and South America. This refreshing appetizer has outstanding flavour that all will enjoy. Mix cooked shrimp with lime juice, diced onion, avocado, diced tomatoes, diced cucumbers, fresh cilantro and salt. For a little heat, add some jalapeno. Serve with tortilla chips or over a tostada.

Lunch



- Feature Bistro shrimp instead of lobster in an East Coast Roll. This popular dish is easy and cost-effective. For something different, serve on a soft bun, roll or pita pocket. Traditional sides are potato chips and dill pickles.



- Crepes are considered to be the national dish of France. Lemon Shrimp & Spinach Crepes are an easy yet decadent menu addition. Simply mix garlic, onions, spinach, mushrooms and lemon rind. Add flour, milk and water and cook until thickened. Add in Shrimp, coriander and lemon juice. Serve in crepe.



- Indulge yourself with a Caribbean-inspired Mango Shrimp Salad. This light dish is perfect served on a bed of mixed greens.

Dinner



- Chinese fried rice can be traced back as far as 589 CE (current era) during the Sui Dynasty. The most popular being Shrimp Fried Rice with ham, green peas and eggs is a true classic!



- Elevate your meal with a Japanese Bistro Shrimp & Scallop Noodle Sauté. Sauté our shrimp and OJ scallops with basil, sesame seeds and Udon noodles. Udon is a type of thick, wheat-flour noodle used frequently in Japanese cuisine.



- Seafood boils have been enjoyed by our Canadian Maritimes for centuries. Perfect for a special event or gathering, feature Shrimp in your next seafood boil.



Raw P&D Tail-Off White Shrimp (Bistro)

The smaller size of this cost-effective, full shrimp product is perfect for multiple applications such as sauces, chowders, casseroles, pasta, salads and stir-frys.



Product Codes:

51-60ct, 10x2lb - SH00307
90-130 ct, 5x2lb - SH00465



See reverse for featured recipes.



~ Recipes ~



WHITE BEAN & BISTRO SHRIMP SOUP (Serves 25)

2.2 lbs Bistro Shrimp 90-130 ct (40 g per portion)
 8 cups diced canned tomatoes
 2 cups onion, diced
 2 cup bell pepper, diced
 3 cups carrots, diced
 3 cups white beans, canned and rinsed
 1/4 cup salt free & sugar free sweet basil tarragon mix
 1/4 cup salt free & sugar free toasted onion garlic mix
 2 tbsp dried thyme
 10.5 cups chicken broth
 3 tbsp canola oil

- Heat a large pot or steam kettle to medium high.
- Add canola oil, onions, peppers and carrots. Sauté for 10-15 mins, stirring occasionally.
- Add white beans, diced tomatoes and chicken broth. Simmer for 20 mins.
- Add toasted onion garlic seasoning, sweet basil tarragon seasoning and thyme. Simmer for another 5 mins.
- Add defrosted shrimp 15 mins before service and bring to a boil. Ensure soup reaches an internal of 165°F/74°C. Remove from pot or steam kettle.
- Garnish with sour cream and fresh chives, yogurt or finely chopped Italian parsley.



EAST COAST ROLL (Serves 25)

3.5 lbs Bistro Shrimp 90-130 ct (65 g per portion)
 1.5 cups Greek yogurt
 1/2 cup mayonnaise
 1/4 cup lemon juice
 1/4 cup black pepper
 1/2 cup dried chives
 1/4 cup paprika
 3/4 cup margarine
 25 hot dog buns
 25 lettuce leaves
 75 slices Roma tomato (3 per sandwich)

- Preheat a conventional steamer to boil or a Rational unit to steam.
- Place defrosted shrimp into a steam tray. Season with black pepper and steam for 4-6 mins. For Rational oven, steam for 3-4 mins. Ensure shrimp reaches an internal of 165°F/74°C. Once cooked, cool and reserve.
- In a large bowl, mix yogurt, mayonnaise, lemon juice, black pepper, chives, and paprika. Chill for 30 mins.
- Preheat convection oven or Rational unit to 400°F.
- Slice the hot dog buns in half and brush with margarine.
- Place on a greased baking sheet and bake for 10 mins, flipping over after 5 mins.
- Toss cooled shrimp with the sauce and put on toasted buns.
- Add lettuce and 3 slices of tomato and serve with any side.



MANGO BISTRO SHRIMP SALAD (Serves 25)

3.5 lbs Bistro Shrimp 90-130 ct (65 g per portion)
 12 cups mango, diced
 1.5 cups red onion, diced
 1.5 cups red bell pepper, diced
 1.5 cups green onion, chopped fine
 1/2 cup toasted sesame seeds (optional)
 FOR THE DRESSING:
 3/4 cup red wine vinegar
 1 tbsp Dijon mustard

- 1/4 cup salt free & sugar free onion garlic mix
 2.5 cups canola oil
- Preheat conventional steamer to boil or Rational unit to steam.
 - Place defrosted shrimp into a steam tray and season with black pepper. Steam for 4-6 mins. For Rational oven, steam for 3-4 mins. Ensure shrimp reaches an internal of 165°F/74°C. Once cooked, cool and reserve.
 - In a large bowl, mix mango, red bell peppers and green onions. Reserve.
 - For the dressing; mix vinegar, mustard, seasonings and oil together. Reserve.
 - Combine shrimp, mango mixture and dressing.
 - Serve on mixed greens. Optional: garnish with toasted sesame seeds for some extra crunch.



BISTRO SHRIMP & SCALLOP NOODLE SAUTÉ (Serves 25)

2.75 lbs Bistro Shrimp 90-130 ct (50 g per portion)
 2.2 lbs baby scallops (40 g per portion)
 2 tbsp black pepper
 2 cups bell pepper, diced
 2 cups carrot, shredded
 3 cups cabbage, shredded
 2 cups snow peas, defrosted
 4 lbs Udon noodles
 1/2 cup red wine vinegar
 2 tbsp sesame oil
 3 tbsp canola oil

- 1/4 cup sesame seeds
 1/4 cup fresh basil
- Preheat convection oven to 400°F. Rational oven, preheat to fish, pan fry, thin, medium colour, 4 min.
 - On two greased sheet pans, mix shrimp and scallops together. Season with black pepper and bake. Ensure seafood reaches an internal temperature of 165°F/74°C.
 - In a large pot; add canola oil and sauté the peppers, cabbage and carrot for 7-10 mins. Reserve.
 - While vegetables are cooking place dried Udon noodles in a container and add boiling water or tea water. Cover with plastic wrap and reserve until service.
 - Toast sesame seeds in a small pan over medium heat.
 - Mix the noodles, cooked shrimp and scallops and vegetables together. Add vinegar, sesame oil and basil and cook for 5 mins.
 - Serve immediately garnished with toasted sesame seeds (optional).



BISTRO SHRIMP BOIL (Serves 25)

4.95 lbs Bistro Shrimp 90-130 ct (90 g per portion)
 4.5 cups onion, diced
 4.5 cups bell pepper, diced
 25 pcs corn on the cobb
 100 pcs mini potato (4 each)
 1.5 cups salt free & sugar free BBQ seasoning
 1.5 cups salt free & sugar free sweet basil tarragon mix
 1.5 cups salt free & sugar free toasted onion garlic mix

- 1.5 cups dried parsley
 46.5 cups water
- In a large pot, bring water to a boil.
 - Once boiling, add BBQ seasoning, sweet basil tarragon, toasted onion garlic and parsley. Cook for 15 mins on a rolling boil.
 - Add onions, bell peppers, and potatoes. Cook for 15-20 mins.
 - Add corn and cook for another 10 mins.
 - Add shrimp and cook for another 4-6 mins. Ensure the shrimp reach an internal temperature of 165°F/74°C. For best results, cook shrimp as close to service as possible.
 - Carefully drain all the liquid off and hold in a hot box until service.
 - Garnish with green onions or steamed vegetables such as spinach, bok choy or broccoli.



Contact us: 905-792-9700 | www.oceanjewelseafood.com

Committed to Senior Living & Healthcare