



Mango & Cajun Shrimp Salad Appetizer – Serves 6

Adapted from Vincent Parkinson recipe in “A Year of The Best”

24 large, uncooked shrimp
3 ripe mangoes
1 lime
1 tablespoon Cajun seasoning
Several tablespoons Parqueoliva or Rincon de la Subbetica oil for sautéing
Mixed salad greens
Sea salt to taste

Dressing: (creamy consistency similar to that of thick maple syrup)

2 egg yolks
2/3 cup Parqueoliva or Rincon de la Subbetica oil (organic version)
1/2 lime – juiced
½ to 1 tablespoon rice vinegar
Sea salt to taste
Few drops of warm water (kettle-warmed)

Procedure:

Make dressing: place egg yolks in a glass, stainless steel or earthenware bowl and while continuously stirring the yolk with a fork slowly add the olive oil – ensure that as you add the oil you stir to blend well in order to continuously maintain a well-blended mixture of egg yolk and oil. Once all the oil has been added, slowly add the lime juice, followed by your preferred amount of vinegar according to your taste. Add few drops of warm water to stabilize the dressing (additional drops to thin the consistency if desired, being careful not to change the balance of flavours or ability to coat the other ingredients in the dish once drizzled on), and ground sea salt.

Peel and slice mango into long strips. Toss with the juice from 1 lime. Set aside.

Coat shrimp with Cajun seasoning, warm frying pan over medium heat, add several tablespoons of Parqueoliva oil and sauté shrimp until pink.

Place lettuce greens on plates, top with mango and shrimp, and drizzle well with dressing.

Enjoy!

Your feedback is appreciated.

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