



RECIPES

Shrimp Pilaf serves 4

3 Tbsp. safflower oil
1 red onion, chopped finely
1 6 oz. jar sliced pimento
1 clove elephant garlic, crushed
8 oz., 1 1/3 cups, long grain Basmati brown rice
3 cups vegetable stock
1 bay leaf
Real salt
Cayenne
14 oz. peeled cooked jumbo shrimp (red Argentinean is best)

Heat oil in large, lidded skillet, then add onion, pimento, and garlic, and fry for 5 minutes, until just softened. Add rice and cook for 2-3 minutes, stirring constantly. Add the stock, bay leaf, salt, pepper and bring to a boil. Cover tightly with lid and reduce flame to low and simmer for 15-20 minutes, until rice is tender and liquid is all absorbed (do not stir during cooking). When cooked thoroughly, add shrimp and gently stir.

Remove from heat, take off lid, and then cover rice with a clean dish cloth, replace lid, and let stand in a warm place for 10 minutes absorbing excess steam and drying rice. Transfer to serving bowl and garnish.

To Garnish:
Lemon wedges
Black Greek Olives
Pecorino Romano cheese, finely grated and sprinkled on top

Vegetable Broth/Stock

1 1/2 cups spring water
1 rounded tablespoon Kal nutritional yeast flakes
1/4 cup Bragg's Liquid Aminos
2 Tbsp. unsalted butter
1/8 tsp. Real salt
1 tsp. pureed red onion