



Recipes

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Mythical Mediterranean Salad

Prep Time: 35 Minutes

Cooking Time: 5 Minutes

Serves 2

Ingredients:

- 1 each 10" Fry-Ready Tortilla (37183)
- 20 oz. vol. (4 oz. wt.) Romaine Lettuce , shredded
- 1.5 oz. wt. Roma Tomatoes , cut into 1/6's
- .5 oz. wt. Red Onions , julienne slice
- 1 oz. wt. Cucumbers , cut into half moons
- 2 each Caperberries to garnish
- 1.5 oz. vol. Greek Vinaigrette
- 1/2 oz. wt. Goat Cheese , crumbled
- 3 oz. wt. Marinated Seafood Salad , see related recipe

Directions:

1. Bring stretch tortillas to room temperature. Place in 350 fryer and shape into a salad bowl.
2. Remove from fryer and drain. Hold at room temperature until ready for use.
3. Place shredded romaine, tomatoes, onions, cucumbers into a stainless mixing bowl. Toss with Greek vinaigrette and pour into taco salad bowl.
4. Top with crumbled goat cheese and marinated seafood salad to serve.
5. Garnish with caperberries to serve.





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Marinated Seafood Salad

Serves 1

Ingredients:

8 oz. vol. White Wine
1 oz. vol. Lemon Juice
4.5 oz. wt. Mussels , cleaned and scrubbed
8 oz. wt. Fresh Calamari Rings and Tentacles
8 oz. wt. 41/50 P&D Shrimp
2 oz. vol. Red Onions
1/2 tsp. Garlic , chopped
1.5 oz. vol. Red Bell Peppers , minced
2 tsp. Fresh Dill
2 tsp. Fresh Parsley
2 tsp. Lemon Zest
1 oz. vol. Olive Oil
1/4 tsp. Hot Sauce

Directions:

1. Heat white wine, garlic and lemon juice together in a saucepot over medium heat.
2. Bring to a simmer. Poach shrimp, calamari and mussels, in batches and cook until just set and opaque throughout.
3. Remove from heat, strain and cool seafood completely.
4. Remove mussels from their shells and place in a mixing bowl along with the rest of the seafood.
5. Fold in remaining ingredients so that seafood is coated with the dressing and seasonings.
6. Keep refrigerated until ready for use.