



Recipes

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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.