



APRIL 27-30

Lesson 8

TOPIC: PREPARED SEAFOOD DISHES

SEAFOOD DISHES or FISH

These are distinct food dishes which use seafood (fish, shellfish or seaweed) as primary ingredients, and ready to be served or eaten with needed preparation or cooking completed. A cuisine is primarily influenced by the ingredients that are available locally or through trade.

SAMPLE RECIPE

GARLIC BUTTERED SHRIMP

Start by cleaning the shrimp. Wash it thoroughly and cut the antennae as much as possible. Devein each piece and wash again until clean.

Marinate it in lemon soda. Do this by arranging the shrimp in a bowl and pour lemon soda. Let it sit around 10 minutes before cooking.

GARLIC BUTTER SAUCE

This is mainly composed of butter and garlic as the name suggests. It is more of a preparation rather than a sauce at first. Sauces are usually cooked separately. It can be added anytime to a dish, but as a completely entity. The sauce for our garlic shrimp is assembled as the dish cooks.

INGREDIENTS

- 2 lbs. shrimp (cleaned)
- 2 T parsley chopped
- ¼ cup butter
- 1 head garlic minced
- 1 cup lemon lime soda
- 1 t lemon juice
- Salt and pepper to taste

PROCEDURE

1. Marinate the shrimp in lemon soda for about 10 minutes
2. Melt the butter in a pan
3. Add garlic. Cook in low heat until the color turns light brown
4. Put in the shrimp. Adjust heat to high. Stir fry until shrimp turns orange.
5. Season with ground black pepper, salt and lemon juice. Stir.
6. Add parsley. Cook for 30 seconds.
7. Serve hot with presentation. Share and Enjoy!

ACTIVITY

Instructions: Create a Video on How to make “GARLIC BUTTERED SHRIMP”.

1. Follow the ingredients and procedure given.
2. Mis-en place preparation
3. Observe the proper way of handling food.
4. Presenting the food with appropriate garnishes.