



THE MEAT HOUSE: 30 Minute Recipe

Your Neighborhood Butcher

THE MEAT HOUSE SHRIMP COCKTAIL WITH CHUNKY CILANTRO FRUIT SALAD

Yields: Dinner for Two or Appetizer for 4-6

- 6 Cilantro lime shrimp
- 6 buffalo shrimp
- Extra virgin olive oil
- 1 ball buffalo mozzarella
- 2 semi-firm avocados
- 1 ripe mango
- 1 ripe large yellow tomato (or 2 medium)
- 2 lemons, 2 limes (4-5 of your preference)
- Fresh cilantro / sea or Kosher salt

Instructions

Cook the shrimp one of two ways.

1. Grill butterflied and shell side up, flesh down, for 7 minutes.
2. Skillet on high (not full blast) butterflied and shell side up, flesh down, for 7 minutes.

*** After cooking, try using a kitchen torch on the shrimp to lightly char the meat.

You can serve the shrimp warm or chill them in the fridge. Arrange in a circle on a platter with bowls of cocktail sauce and/or chunky cilantro fruit salad. Squish some fresh lemon and/or lime and toss a little sea salt and chopped cilantro on top. Beautiful!

CHUNKY CILANTRO FRUIT SALAD

Peel the mango with a carrot peeler and slice the flesh off the core. Aim to cut off the largest pieces possible.

*** Hint. Slice off the bottom to stand it up easier. Careful, very slippery!

Cut the avocados in half and remove the pit. Slice each half in four strips then peel the skin. Dice the tomatoes, avocado, mango and mozzarella in similar sized large chunks. Combine the mango, avocado, tomato, mozzarella in a mixing bowl. Add olive oil, a dash of



Options

- Add some thinly sliced sweet onion to the fruit salad.
- Feel free to doctor any store bought cocktail sauce with fresh lemon, horseradish, seasoning or even hot sauce!
- Add cut lemon and lime wedges to the platter.
- Pick one of our buffalo sauces to freshly dip the buffalo shrimp!
- Try the smoked mozzarella!

salt and fresh chopped cilantro to taste. Squeeze the juice of one half lime (or lemon if you prefer) and gently fold all the ingredients together trying to leave the chunks as whole as possible. Cover in plastic wrap and refrigerate for 20 minutes to 2 hours. Important: Gently press the plastic wrap down onto the fruit to reduce the oxidation.

For store locations, recipe ideas or to shop online visit:

www.TheMeatHouse.com