

Wafu Salad with Shrimp Nigiri Published: June 28, 2020, by Ivan

These pancakes are thick and fluffy and are great with pancake syrup or jam.

INGREDIENTS (Makes 2)

2 Tbsp Carrot
1/4 tsp Miso Paste or 1/2 tsp Peanut Butter
1 Tbsp Planters peanuts
1 Tbsp Sour Cream
1 Tbsp Mayonnaise
1/4 tsp Sesame Oil
1 Tbsp White Vinegar
Sugar
Iceberg Lettuce
Raw Frozen Shell-on Shrimp

CONDIMENTS

1 tsp Horseradish
1 tsp Soy Sauce
1 tsp Sweet Pickled Ginger
1 Lemon slice

POPULAR JAPANESE BEERS

Asahi
Kirin
Suntory
Sapporo
Suntory
Yebisu

INSTRUCTIONS

1. Grate 2 Tbsp carrots into a bowl. Spread 1/4 tsp miso paste onto the inside of the bowl with grated carrots. Add to the carrots, and miso bowl, 1 Tbsp sour cream, 1 Tbsp mayonnaise, 1/4 tsp sesame oil, 2 Tbsp granulated sugar, 1 Tbsp crushed Planters peanuts, and 1 Tbsp white vinegar. Vinegar is a nice ingredient but sometimes you need 1-2 times more sweetness to counter vinegar's tang in a dressing, marinade, or brine. Mix the ingredients and taste it. Make small changes to the dressing by adding more sour cream, mayo, sugar so the dressing taste the way you want it. Wrap the bowl with clear wrap and refrigerate the dressing.
2. To a small pot add 2 cups water and 2 Tbsp granulated sugar. Heat the pot to just above simmer. Prepare 2 cups of water in a bottle that can be placed in the freezer. We want the water ice-cold for the shrimp. Have ice cubes ready to help cool the shrimp.
3. Remove the shell from the raw shrimp and set the shells to the side. Make small cuts on the bottom and the top of the shrimp. Stagger the cuts on the top away from the cuts on the bottom, otherwise you may cut the shrimp in half by accident. Use very light force to press the shrimp between your fingers and the plate to crack the shrimp into a straight line. It is common for the shrimp to elongate to twice its original length with this technique. Transfer the shrimp, shells, and shrimp juices to a bowl.
4. At the stove. Add the shrimp shells and shrimp juices to the simmering sugar water. Cover the shrimp with clear wrap and place it into the freezer so it stays nice and cold. Allow the broth to simmer for 3 minutes, then use a slotted spoon to squeeze the shells against the side of the pot to squeeze out all their flavors. Discard the shells.
5. Turn the heat up on your broth so it is at a boil. Place the shrimp into the boiling water for 1-3 minutes or until the shrimp turns pinkish-white. The shrimp may shrink by 15 percent. If you see some drastic shrinking (3/4 or 1/2 original size,) then you have over-cooked the shrimp. Drop the cooked shrimp directly into the ice water bath to stop further cooking. After 2-3 minutes, remove the shrimp from the ice bath and allow them to drain the excess water before serving.

Plating: In a bowl, add the Wafu salad dressing on top of cold crisp lettuce. In another small bowl, add the shrimp. Use a very small sauce bowls for your garnishes like soy sauce, horseradish, sliced lemon, and sweet pickled ginger. Serve your dish with a very cold glass of Japanese beer.

Thanks for stopping by. I hope you enjoy your own Wafu Salad with Shrimp Nigiri. Remember to share your recipes.

Until next time. Adios