

Flambé Shrimp w/ Creole Okra on Corn Pancake

<p><u>Creole Okra</u> 2 tablespoon olive oil 4 large, fresh Basil leaves 1 sweet onion, sliced 4 cloves Garlic, chopped 1 ½ cup Okra, sliced 1 large yellow zucchini, cut 1-2 tablespoon Creole spice (to taste) 1 cup tomato sauce 2 cup fresh or canned tomatoes Parmesan cheese, to taste (optional)</p> <ol style="list-style-type: none">1) In a saucepan with a lid, heat olive oil over medium-high.2) In hot oil, crisp Basil, ~1 min, then remove. Serve as edible garnish.3) Cook garlic, onion 1-2 minutes, until onions soften4) Add Okra, zucchini, Creole spice, and toss to coat5) Add tomato sauce and tomatoes, Bring to a boil, reduce heat to simmer6) Cook covered until zucchini is al dente, 8-10 minutes	<p><u>Corn Cake</u> 1 cup fine-ground cornmeal 1 teaspoon baking powder ½ teaspoon salt 1 cup buttermilk 1 egg</p> <ol style="list-style-type: none">1) Griddle to medium-high2) Sift dry ingredients3) Beat egg& buttermilk until smooth4) Pour wet onto dry. Stir until just combined-- about 10 strokes5) Pour 2-3 tablespoons onto hot griddle6) When edges brown, 1-2 minutes, flip7) Cook another 1-2 minutes. Remove to plates.
<p><u>Flambé Shrimp</u> ½ pound shrimp Heavy pinch of salt Pepper to taste 1/3 cup 40% alcohol to taste (ie:. Rum)</p> <ol style="list-style-type: none">1) Heat non-stick pan over med-high, until drops of water bounce2) Toss shrimp & salt for 1 minute3) TURN OFF HEAT SOURCE4) Add alcohol. Light vapors with a BBQ lighter or long match.5) TURN HEAT BACK ON6) Gentle flambé 1-2 minutes7) When flames die, pepper to taste.8) Toss, cook 1-2 minutes until pink	<p><u>Assembly</u></p> <ol style="list-style-type: none">1) Put pancakes on plate2) Cover pancake with veggies, add extra sauce. Pancakes should absorb some sauce. (Optionally, sprinkle with Parmesan)3) Pile ~6 shrimp per person beside veggies. Garnish with crispy basil.