

Seafood salad offers light alternative for warm summer nights

By Susie Iventosch



Photo Susie Iventosch

This salad has a lot going on and is very colorful, too. With papaya, mango, avocado, Napa cabbage, cilantro, coconut shrimp and seared ahi, it has a rainbow of delicious colors. It's big enough for a main course, yet light for a warm summer evening. We love the sweet Thai chili sauce vinaigrette be-

cause it complements the fruit and coconut on the shrimp, but you could easily serve this salad with a teriyaki sesame dressing, if you prefer a more savory taste. I've accounted for about 1/8 pound of ahi and 1/4 pound of shrimp per person. You can adjust as you like.

Sweet Thai Chili Vinaigrette

2 Tbsp. rice vinegar
2 Tbsp. red wine vinegar
2 Tbsp. sweet Thai chili sauce
1 tsp. sesame oil
½ cup canola oil
2 tsp. soy sauce
1/4 tsp. garlic powder

Place all ingredients in a jar with a tight-fitting lid. Shake well. Can make ahead and refrigerate until ready to use.

Tropical Dinner Salad

(Serves 4 as an entrée)

INGREDIENTS

1 head Napa cabbage, finely sliced
½ bunch fresh cilantro, clean and stems removed, reserving just leaves
1 papaya, peeled, seeded and sliced
1 mango, peeled, pitted and sliced
1 large avocado sliced
½ pound fresh ahi
1 Tbsp. olive oil
2 Tbsp. white sesame seeds
2 Tbsp. black sesame seeds
1 pound uncooked shrimp, peeled, deveined, leave tails on (we used medium-large shrimp, but you can use the size you like best)
2 eggs beaten
1 cup unsweetened shredded or flaked coconut
1 cup panko
¼ cup coconut oil

DIRECTIONS

Shrimp:

In a bowl, mix panko and coconut. In a separate bowl, beat eggs. Dip shrimp in beaten eggs, and then dredge in coconut-panko mixture, coating on all sides. Heat coconut oil in skillet and cook shrimp in batches, over medium-high heat, until browned on both sides. Set aside or keep warm in oven until ready to assemble salad.

Fish:

Mix white and black sesame seeds and spread out on a plate. Prepare ahi by brushing with olive oil on both sides and pat each side onto the plate with the sesame seeds, coating both top and bottom of fish. Heat grill to high heat and place a cast iron griddle on the barbecue and heat for about 15 minutes. When ready to cook fish, place fish on griddle and grill for about 2 minutes per side. Fish should be very rare, and seared on top and bottom. Slice into thin slices.

To assemble:

Place cabbage and cilantro in a large salad bowl or serving platter. Toss with half of the dressing. Arrange fruits, avocado, shrimp and sliced ahi, alternately, on top of cabbage. Drizzle remaining dressing over or pass so each can add their own. You can also plate each salad with the dressed cabbage and place the accoutrements on accordingly.



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you say "neighbor."**

Mike Rosa
Agent
925-376-2244
Insurance Lic. #: OF45583
346 Rheem Blvd., Suite 106
Moraga
P097314.1

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Orinda resident completes 32nd consecutive Boston Marathon

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Hugs from son Kevin at mile 13

At every marathon, you will see a number of people wearing a T-shirt that proclaims, "The pain is temporary. The pride is forever." Hung has fortunately been able to avoid many of the typical injuries marathoners suffer to their legs. The closest she came to missing a marathon was when she fell and severely cut her knee, three years ago, six weeks prior to the race: "I had 12 stitches on my knee and could not run for two weeks. Fortunately, the cut was in a position where I could bend my knee. Other than that, my knees

and ankles have held up."

Hung begins training three months prior to the marathon under the direction of her boyfriend, Don Maxon. "My training has been quite consistent. I go on a carbo-depletion diet and do a track workout once a week. It's all about progression. I start small and end big. It's disciplined running. I have not changed my routine."

Hung has shared her love of running on many levels: "The Orinda Roadrunners have been very supportive. People see me

and think that if she can do it, I can do it as well."

Hung taught math at Miramonte High School for 19 years (37 years in total) and was an assistant coach for the track and cross-country teams under coach Otis McCain for whom Hung has great affection. "My son Erick ran cross country at Miramonte. Otis asked me to help out as an assistant coach. He was my avatar and when he retired, I became the head coach for a couple of years. Coaching was great. You saw these young people that had no place to go and they found a place for themselves in cross country and track."

McCain still speaks highly of Hung. "Patty was a great role model for the boys and girls," he said. "She had great technique and brought great exuberance and a positive attitude. She was always smiling, encouraging and upbeat."

After 37 years of teaching and running marathons, Hung says it was only natural for her to begin a new career by going to nursing school. "When coaching at Miramonte, I became interested in the physiological part of running and chose to look into it as a nurse," said Hung, whose mom was a nurse and whose sons are also in the medical field. "I have been doing this now for the last five and a half years."

Having run a composite 839 miles over the past 32 Boston Marathons, for Hung, it seems the race has just begun.