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Seafood salad offers light alternative for warm summer nights

By Susie Iventosch



Photo Susie Iventosch

2 Tbsp. sweet Thai chili sauce

1 tsp. sesame oil

1/2 cup canola oil

2 tsp. soy sauce

1/4 tsp. garlic powder

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 because 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

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

1/2 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

1/2 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

1/4 cup coconut oil

DIRECTIONS

Shrimp:

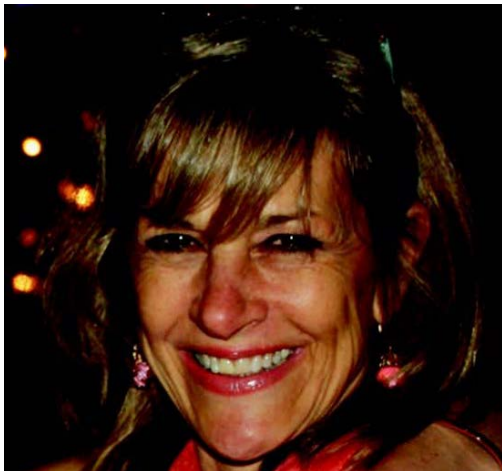
In a bowl, mix panko and coconut. In a separate bowl, beat eggs. Dip shrimp in beaten eggs, and then dredge in coconut-panko mixture, coating on all sides. Heat coconut oil in skillet and cook shrimp in batches, over medium-high heat, until browned on both sides. Set aside or keep warm in oven until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