

Caribbean Seafood Salad

Yield:	10	cups
Serving # & Size:	10	(8 oz.) Servings
Meal Part:	Starter	Lunch
Cuisine:	Caribbean	
Category:	Culinary Prepared Cold	
Channel:	Deli	FSR C&U
Classification:	Salad-Fish & Seafood	
Prep Time:	20 min.	Cook Time: 5 min.
Cost:	Cheap	Difficulty: Easy

Description: Text

Ingredients	Weight	Metric	Measure
Shrimp, peeled, deveined	2-1/2 lb.	1150 g	5 cup
Vegetable oil	1 fl. oz.	28 g	2 Tbsp.
Papaya, medium diced	20 oz.	567 g	5 cup
Pineapple, medium diced	9-1/2 oz.	270 g	2-1/2 cup
Green bell peppers, medium diced	9-1/2 oz.	270 g	2-1/2 cup
Scallions, sliced thin	4 oz.	118.5 g	1-1/4 cup
Orange juice	20 fl. oz.	645 g	2-1/2 cup
Lime juice, fresh	20 fl. oz.	405 g	2-1/2 cup
Vegetable oil	10 fl. oz.	205 g	1-1/4 cup
MINOR'S® SEAFOOD BASE	5 oz.	140 g	5 Tbsp.
Caribbean jerk spice	1-1/2 oz.	45 g	5 Tbsp.

Procedure

1. In medium skillet, heat 2 Tbsp. of oil over medium-high heat. Sauté shrimp until fully cooked. Remove from heat and set aside.
2. Combine shrimp with papaya, pineapple, green bell peppers, and scallions.
3. In a bowl combine orange juice, lime juice, oil, Seafood Base, and Caribbean jerk spice. Mix well with a wire whisk.
4. Pour mixture over shrimp and vegetable mixture. Toss gently. Refrigerate 30 minutes. Hold chilled for service.

Serving Suggestions:

For extra flavor, season shrimp with Minor's Seafood Base, salt and black pepper before cooking. Garnish with chopped cilantro. Serve on a bed of lettuce.