



Mike's Gourmet E-Meal™ Newsletter

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Spicy Grilled Shrimp
Avocado, Tomato & Serrano Salsa
Grilled Peppercorn Ostrich Medallions

Spicy Grilled Shrimp

This recipe is for two entrée-size servings but this could also be served as an appetizer by substituting large (21 - 25) shrimp. (Bellycheer® SeasonZing is available from PorkysGourmet.com.)

12 jumbo (U-12) shrimp, peeled & deveined, tails attached
Bellycheer® Seafood SeasonZing

For the marinade:

2 limes, zested and juiced (about 1/4 cup juice)
2 serrano chiles, seeded and diced (about 2 tablespoons)
2 stalks lemon grass, chopped (about 2 tablespoons)
2 tablespoons grated fresh ginger
2 cloves garlic, minced (about 2 teaspoons)
1/3 cup olive oil
1 tablespoon chopped fresh cilantro

Whisk together all of the marinade ingredients in a non-reactive bowl. Add the shrimp, cover and refrigerate for 2 hours. Drain the shrimp and grill over medium-high direct heat 5 minutes per side or until shrimp are opaque. Baste the shrimp occasionally with the marinade. Remove the shrimp from the grill and dust with Bellycheer® Seafood SeasonZing.

Avocado, Tomato and Serrano Salsa

2 avocados, diced
1 pint cherry tomatoes, diced
1/4 cup diced red onion
2 serrano chiles, seeded & diced (about 2 tablespoons)
2 cloves garlic, minced (about 2 teaspoons)
2 tablespoons chopped fresh cilantro
Juice of 1 lime (about 2 tablespoons)
1 tablespoon white wine vinegar
1/2 teaspoon ground cumin



1/2 teaspoon freshly ground black pepper
1/2 teaspoon coarse kosher salt

Combine all of the ingredients in a non-reactive bowl. Cover and refrigerate at least 2 hours before serving.

Grilled Peppercorn Ostrich Medallions

Ostrich is a very lean meat that comes from the leg, thigh and back of the bird and is cooked similar to beef. It should be cooked rare (145 degrees F.) to medium (155 degrees F.) otherwise it will become dry. This is also an entrée-size serving but could easily be served as an appetizer by placing the arugula atop the baguette slices and topping with ostrich slices and Bellycheer® Wow Chow. (Ostrich, and other non-traditional meat, is available from ExoticMeats.com.)

2 (4-ounce) ostrich medallions
Coarse kosher salt
1/4 cup crushed black peppercorns
1 baguette
1 1/2 to 2 cups arugula
Porky's Gourmet Bellycheer® Wow Chow (Hot or Mild)

For the marinade:

1/2 cup dry red wine (Cabernet Sauvignon, Merlot or Pinot Noir)
1/4 cup olive oil
1 large clove garlic, minced (about 1 teaspoon)
1 bay leaf, crumbled
1 teaspoon fresh thyme leaves
1/2 teaspoon coarsely ground black pepper

Prepare the marinade by combining the wine, oil, garlic, bay leaf, thyme and black pepper in small bowl. Add the ostrich medallions, turning to coat. Cover and refrigerate, turning occasionally, for 4 hours.

Remove the medallions from the marinade; discard marinade. Place the peppercorns in a shallow plate. Season the medallions with salt and lightly roll the medallions in the peppercorns. Grill the ostrich over medium-high direct heat, turning frequently, about 5 to 7 minutes per side or to an internal temperature of 145 to 155 degrees F. Scrape off the excess peppercorns and let the medallions rest, covered with foil, for 5 minutes before thinly bias slicing.

Bias slice the baguette and put three slices on a service plate. Arrange the arugula on the plate and shingle the ostrich slices atop the arugula. Garnish with Bellycheer® Wow Chow.
