



## Shrimp, Pineapple & Cucumber Chow

By Chef Veera Gaul, Ph.D.



### Ingredients

½ lb medium shrimp, shelled, and deveined  
1 pineapple, cut into chunks (about 3 lbs)  
2 English seedless cucumbers  
8-10 leaves of Culantro (divided) - See Chef Tip  
¼ teaspoon red chili flakes  
¼ cup O&V [Garlic EVOO](#) \*  
2 limes  
Zest from one lime  
Salt  
Sliced red onions to garnish (optional)

### Preparation

Slice one lime. Place a pot on the stove with about 1 inch of well salted water. Add 2-3 slices of lime to the water. Add 2 -3 culantro leaves to the water and bring to a boil. Insert a steamer into the pot.

Place the shrimp in the steaming basket in a single layer. Reduce the heat to allow the water to simmer, cover the pot and steam the shrimp for about 2 minutes. Depending on the size of your steamer, repeat with the remaining shrimp. Remove the shrimp onto a plate to cool (you can choose to refrigerate until cold before adding to the fruit).

Cut the pineapple into bite sized chunks. Cut the cucumbers into bite sized chunks removing any seeds. Place in a serving bowl.

Mince the remaining culantro leaves, zest and then juice the second lime, add to the bowl with the pineapples. Add the red chili flakes, Garlic EVOO, a little salt to taste and toss well.

Add the cooled shrimp to the pineapple mixture, toss and serve topped with remaining lime slices, and sliced red onions (if using)

Serves 6

Total Time: 30 minutes

### **Chef Tip**

Culantro is similar to, but is not cilantro. Culantro has a strong citrusy and herby flavor and can be purchased at many supermarkets and most Asian or Central American grocery stores. If you have trouble finding it, or determine the flavor is too strong for you, feel free to substitute with cilantro or even parsley, basil or mint.

### **Notes**

\* The [Garlic EVOO](#) adds a nice hint of garlic flavor without having the bite of raw garlic in the salad. You can substitute with a high quality unflavored EVOO and two small cloves of garlic pressed or minced.

You can make this vegetarian and vegan by eliminating the shrimp.

Categories: Soups & Salads, Vegetarian Option, Vegan Option, Gluten Free, Dairy Free, Culantro, Pineapple, Cucumber, Trinidadian Chow, Shrimp, Shrimp Salad, Pineapple Cucumber Salad, Spa Salad,