



## Citrus & Shrimp Salad

By Chef Veera Gaul, Ph.D.



### Ingredients

(\* indicates my preferred ingredients – see notes for alternatives)

- 2 cups romaine or spring greens
- ½ red onion, diced
- 1 cup quartered cherry tomatoes
- 1 clove garlic, minced
- 1/8 teaspoon crushed red chili flakes (more to taste)
- 12 oz cooked, peeled shrimp
- 2 tablespoons O&V **Citrus Grapefruit vinegar \***
- 2 tablespoons O&V **Lemon EVOO \***
- 1 teaspoon Runamok **Sugar makers Cut Maple Syrup \***
- 1 diced avocado
- 1 cup sugar snap peas, cut in halves (optional)
- Oranges, supreme (see Chef Note)
- ¼ cup crumbled feta (optional)
- Salt and pepper to taste

### Preparation

In a dressing mixer or small jar emulsify the 1 teaspoon of the vinegar, with the EVOO, garlic, and chili flakes. Season to taste with salt and pepper

In a large bowl, combine the red onion, tomato, shrimp, diced avocado and sugar snap peas (if using). Pour the dressing over and toss gently to mix. Let sit for 30 minutes before serving for flavors to combine.

Place the remaining vinegar (about 1 tablespoon + 2 teaspoons) in a small pan with the maple syrup and heat gently over a medium flame stirring continuously until reduced and syrupy (about 2 minutes). Remove from the flame and let come back to room temperature.

Create a bed of greens on a plate, add the shrimp salad mixture and top with orange supremes and crumbled feta. Drizzle with the reduced vinegar and maple syrup mixture

Serves 2-4

Active time 15 minutes Total Time: 15 minutes plus time to allow flavors to develop

### **Chef Note**

Those perfect citrus segments with no pith and no membrane that you see at restaurants – well they have a name – the technique is called supreming, and with a little practice it is really quite simple and results in those fancy segments.

How to supreme an orange: First, watch [this video](#) to learn how to easily peel an orange. Once peeled (no skin or white pith), you'll be able to see the membranes between the orange segments. Using a paring knife simply slice along the inside of the membranes and then lift the orange wedge out and place in a bowl – Voila – orange supremes

### **Notes**

\* The sweet and tangy flavor of this **Citrus Grapefruit vinegar** with its slightly bitter finish is a perfect complement to this salad. A potential substitute is to combine the juices of an orange and a grapefruit, and cook over low heat with some sugar till reduced in half and use in place of the vinegar. It won't be the same but will be a reasonable alternative. The [Lemon EVOO](#) adds nice citrusy zing. Use an [Unflavored EVOO](#) and add some lemon zest if you prefer. The maple syrup adds nice sweetness and viscosity but you can use any high-quality honey or maple syrup.

The highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free Option, Easy Weeknight Meal, Quick Dinner, Shrimp Salad, Avocado, Citrus Grapefruit Vinegar, Lemon EVOO, Avocado and Shrimp Salad, Easy Entertaining, Healthy Eating, Soups and Salad,