



## November 9, 2016

### Three Classic Asian Seafood Dishes

Miles of shoreline and easy access to the ocean mean that many Asian cuisines abound with amazing seafood dishes, with a boost of divine local spices and flavourful ingredients. Here, we have three Asian-influenced ways of serving seafood that will make you forget you're landlocked in Alberta.

Our Curried Shrimp has a Southeast Asian-inspired coconut milk base and a combination of spices, ginger and a fresh burst of cilantro. Serve with jasmine rice to soak up the sauce.

Teriyaki is a Japanese marinade that suits nearly any protein that it touches. Here, we season some tuna steaks with a slightly spicier version than the traditional, with the addition of Worcestershire and ginger. Cook some short-grain Japanese rice as a side.

Overcooking is seafood's worst enemy, so it makes sense to stir-fry it with some fresh veggies. Lobster and asparagus are bound together with a simple Cantonese sauce, letting the natural flavour of the ingredients speak for themselves. Long-grain Chinese rice is best with stir-fries.

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### **CURRIED SHRIMP**

#### **Ingredients:**

1 pkg (340 g) frozen raw shrimp, thawed  
1 tbsp (15 mL) olive oil  
1/2 cup (125 mL) finely chopped onion  
1 tbsp (15 mL) grated fresh ginger  
1 tbsp (15 mL) curry powder  
1 can (14 oz / 398 mL) coconut milk  
2 tbsp (25 mL) chopped fresh cilantro  
1/4 tsp (1 mL) salt

#### **Method:**

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Peel and devein shrimp, leaving tails intact. Pat dry with paper towels; set aside. Heat oil in a frypan over medium heat. Add onion and saute for 3 - 4 minutes. Stir in ginger and curry powder; saute for 1 minute. Stir in coconut milk. Bring to a boil; reduce heat and simmer for 5 minutes. Add shrimp and cook until shrimp are pink, about 3 - 4 minutes. Do not overcook. Stir in cilantro and salt. Serve immediately. *Serves 3 - 4.*

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## **TERIYAKI TUNA STEAKS**

### **Ingredients:**

1/2 cup (125 mL) soy sauce  
2 tbsp (25 mL) dry sherry  
2 tbsp (25 mL) chopped green onion  
2 tsp (10 mL) grated fresh ginger  
1 tsp (5 mL) sesame oil  
1 tsp (5 mL) Worcestershire sauce  
2 cloves garlic, finely chopped  
2 lb (1 kg) tuna steaks, 1 inch (2.5 cm) thick

### **Method:**

To prepare marinade, combine all ingredients except tuna in a heavy zip-lock plastic bag. Add tuna and squeeze bag to coat tuna with marinade; seal bag and place on a plate. Refrigerate, turning bag occasionally, for at least 1 hour or up to 2 hours. Remove tuna from marinade; discard marinade. Grill tuna on an oiled grid over medium heat on natural gas barbecue for 4 - 5 minutes per side. Tuna will be medium rare. *Serves 6.*

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## **LOBSTER CANTONESE**

### **Ingredients:**

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4 frozen lobster tails, thawed (8 oz/250 g each)  
1/3 cup (75 mL) peanut oil  
1 tbsp (15 mL) julienned peeled fresh ginger  
1 clove garlic, finely chopped  
1 tsp (5 mL) freshly ground pepper  
1/2 tsp (2 mL) salt  
2 cups (500 mL) sliced asparagus (1 inch/2.5 cm)  
1/2 cup (125 mL) diced onion  
1/2 cup (125 mL) chicken broth  
2 cups (500 mL) thinly sliced romaine lettuce  
1/4 cup (50 mL) diagonally sliced green onion  
Hot cooked rice

**Method:**

1. Using kitchen shears, remove lobster meat from shells; discard shells. Cut lobster meat into 1 inch (2.5 cm) chunks.
2. Heat oil in a large nonstick frypan over high heat. Add lobster and cook, stirring frequently, for 2 minutes. Add ginger, garlic, pepper and salt, stirring to combine. Stir in asparagus, onion and broth; cook, covered, for 2 minutes. Add lettuce and green onion; cook, uncovered, stirring until lettuce begins to wilt. Serve immediately over rice. *Serves 4 – 6.*