

## Chef from the Hood Recipes



**Chef:**

Fred Langley

**Restaurant:**

Langley's on the Green in Old Town Windsor, CA

**Recipe:**

Langley's Bay Shrimp Salad!

**Ingredients:**

to 6 heads of organic baby lettuces  
(combo of baby red oak, romaine, frisee,  
etc.)

2 ripe avocados (peeled, pitted & halved)  
1/2 red onion (sliced into thin rings)  
1 fresh carrot (julienne into thin  
matchsticks)  
12 oz. cooked, peeled Bay shrimp\*  
1/2 pound applewood smoked bacon  
(cooked & coarsely chopped)

Combine as a dressing for the shrimp:

1 medium shallot (finely diced)  
zest & juice of 2 limes  
1/4 cup of Clover buttermilk  
1/2 cup of Clover sour cream  
1/2 cup of loosely packed, chopped fresh  
dill  
salt & fresh ground pepper to taste

Lime vinaigrette dressing for salad:

2 limes (use the zest of 1 & juice of both)  
2 tablespoons of local wildflower honey  
(or thick unprocessed Hawai'ian honey)  
1 clove fresh garlic (peeled & chopped)  
1 medium shallot (peeled & course  
chopped)  
salt & fresh ground pepper to taste  
3/4 cup of extra virgin olive oil (Sonoma)

To make this lovely summer salad for his restaurant customers, Chef Langley starts with whole 70-90 count Bay shrimp\*, then blanches and peels each. It's a time consuming process, but the flavor is worth it! Don't let that stop you from making this salad at home. Peeled, precooked Bay shrimp is handled with care at Fiesta and Pacific; and the chef agrees it's an acceptable shortcut. Serves four!

1) Chill 4 individual salad plates. Gently separate leaves and wash baby lettuce, set aside to drain. 2) Make the creamy dressing for the shrimp. Fold the cooked shrimp and the bacon into the dressing and chill. 3) Make the lime vinaigrette. Add the lime zest and juice, honey, garlic, shallot, salt and pepper (everything except the olive oil) to a blender. Puree until very smooth. With blender running, pour oil into the contents of the blender in a slow stream, allowing the oil to fully emulsify into dressing. 4) Toss the lettuce with enough of the lime dressing to coat. Divide lettuce amongst four plates. Slice avocado, and fan out on plates. Arrange the dressed shrimp with bacon, red onion and matchsticks of carrot over the greens. Serve and enjoy!