

**Helping Today-Culinary Applications**  
 recipe created by Jeff Trombetta

<b>Menu Item</b>	<b>Shrimp &amp; Kelp Pilaf</b>
<b>Category</b>	<b>Seafood-entres</b>
<b>Number of Portions</b>	<b>10</b>
<b>Yield (weight, volume, ct.)</b>	<b>3.75 lbs</b>
<b>Portion Size</b>	<b>6 oz</b>
<b>Cooking Method</b>	<b>Steam/simmer</b>
<b>Cooking Temperature</b>	<b>Stove Top</b>
<b>Recipe debut/recipe development</b>	<b>Sheraton Hartford South Hotel</b>

<b>Item</b>	<b>Amount</b>
<b>Virgin olive oil</b>	<b>3 Tbsp</b>
<b>Onion, ¼ inch diced</b>	<b>4 oz</b>
<b>Carrot, ¼ inch diced</b>	<b>4 oz</b>
<b>Bell Pepper, ¼ inch diced</b>	<b>4 oz</b>
<b>Whole blanched kelp leaves, cut ¼ inch</b>	<b>8 ozs</b>
<b>Garlic, chopped</b>	<b>2 Tbsp</b>
<b>Plum tomato, ¼ inch diced</b>	<b>4 oz</b>
<b>Saffron threads (optional)</b>	<b>1 tsp</b>
<b>Sage leaves whole</b>	<b>10 ea</b>
<b>Kosher Salt</b>	<b>2 tsp</b>
<b>Basmati Rice</b>	<b>16 oz</b>
<b>Cooked shrimp, cut 1/4 inch pieces</b>	<b>12 oz</b>
<b>Kelp stock or Dashi broth</b>	<b>1 qt</b>

**PROCEDURES AND METHODOLOGY**

1. Saute onion, carrot, pepper and kelp till tender, but do not achieve any color
2. Add garlic, tomato, saffron and sage leaves and sauté little longer till you get a nice aroma
3. Add rice and shrimp and stir to coat well with vegetables and oil
4. Add the stock, cover and bring to a boil without stirring
5. Reduce to a simmer and cook 15 to 20 min without stirring.
6. Taste test to see make sure rice is tender
7. Let sit 10 min longer while covered



