

Category: Appetizer
Vessel: Deep Skillet
Prep Time: 20 mins
Cook Time: 10-15 mins

Coconut Shrimp

Ingredients

3 cups vegetable or peanut oil
1 cup panko bread crumbs
1 cup unsweetened shredded coconut
1 lb. medium shrimp (cleaned, deveined, tail left on)
½ cup all- purpose flour
2 large eggs, beaten

Directions:

- 1. In the deep skillet heat oil over medium heat.**
- 2. Set up 3 stations to bread shrimp: 1- seasoned flour; 2-beaten eggs; 3 Panko & coconut.**
- 3. Holding the shrimp by the tail, coat in flour, dip in egg and place in panko coconut mix, pressing lightly to adhere the crumbs.**
- 4. Fry in oil until browned, turning once. Do not overcrowd the pan. Drain on paper towels.**

NOTE: TIP FROM TARA. These shrimp are great served with Mango Salsa.

2 diced mangos

1/4 cup minced red onion 1 finely diced jalapeno pepper

2-3 tbs. chopped cilantro or parsley

Juice and zest of one small lime.

Recipe provided by Tara Teshar

Category: Protein
Vessel: Deep Skillet
Prep Time: 25 mins
Cook Time: 15 mins

Skillet Swedish Meatballs

Ingredients

2 lbs. meatloaf mix
3 slices day old bread, crumbled
1 1/2 cup milk
2 eggs beaten
1/2 medium onion grated
1-2 cloves of garlic, grated
2 tsp salt
1 tsp black pepper
1 tsp nutmeg
1 tsp allspice
1/4-1/3 cup flour
4 cups beef broth
1/2 cup sour cream

Directions:

1. In a large bowl add the milk to the crumbled bread. Let the mix sit for the milk to be absorbed.
2. Add the meat, onion, garlic and seasonings. Mix thoroughly.
3. Form small meatballs – about 1 inch in diameter,
4. Heat 2 tbs. olive oil w 1 tbs. butter over medium heat.
5. Brown meatballs on all sides. Reduce to simmer.
6. Sprinkle the flour over the meatballs, add broth and simmer until mixture is thickened and meatballs are cooked through – about 15 minutes.
7. Reduce heat to lowest setting, stir in sour cream immediately before serving.

Recipe provided by Tara Teshar

Category: Dessert
Vessel: Deep Skillet
Prep Time: 20 mins
Cook Time: 30-40 mins

Skillet Cranberry Rice Pudding

Ingredients

3 cups water

1-1/2 cups Rice

1 tsp salt

8 cups of milk

1 cup sugar

4 tbs butter 1 tsp cinnamon

1 cup dried cranberries

Directions:

- 1. In the Deep Skillet over medium heat bring 3 cups of water to a boil. Stir in rice and salt.**
- 2. Reduce heat to simmer and cook for 10-15 minutes until the liquid is absorbed.**
- 3. Stir in milk and sugar.**
- 4. Simmer uncovered 30 – 40 minutes, stirring frequently until mixture is thick and creamy.**
- 5. Stir in butter, cinnamon and cranberries.**
- 6. Serve with whipped cream**

Recipe provided by Tara Teshar