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Cook Like a Rebel: Bulgogi Style Shrimp Tacos with Chef Christopher Lindsay Ep. 2

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Cook Like a Rebel

Bulgogi Style Shrimp Tacos
with
Chef Christopher Lindsay



— | HARRAH COLLEGE
★ OF HOSPITALITY
— | Alumni Chapter

KOREAN BULGOGI STYLE SHRIMP

INGREDIENTS

Marinade

- 2 tbsp garlic, minced
- 1 tbsp fresh ginger, peeled and minced
- 2 each green onion, chopped (reserve 2 tbsp for garnish)
- 4 tbsp Korean (Asian) pear, peeled and grated
- 3/4 cup soy sauce
- 2 tbsp white sugar or honey
- 1 tbsp sesame oil
- 3 tbsp mirin or rice wine
- 1 tsp red chili flakes
- 1/2 cup water

Shrimp

- 1 lb (21 - 25 shrimp per lb) peeled & deveined
- 1 tsp olive, avocado, or coconut oil

** Shrimp number (21 - 25) indicates there are 21 - 25 shrimp per lb. The lower the number the larger the shrimp, and the less shrimp per lb.

METHOD

1. Combine all ingredients for marinade in a medium container with a lid or 1 gallon ziplock bag and shake to combine. Can also be placed in a blender and pulsed to combine before pouring in container or ziplock bag
2. Add peeled & deveined shrimp to marinade. Marinate for 45 mins - 1 hour
3. Remove shrimp from marinade, place on paper towel and pat dry
4. Heat oil in saute pan on medium high heat
5. Add shrimp and cook until slightly firm or opaque looking
6. Quickly remove from heat

QUICK PICKLED JALAPENOS / AVOCADO GARNISH

INGREDIENTS

- 1 each jalapeno
- 2 each limes
- 2oz rice wine vinegar

Additional Garnish

- 1 each ripe avocado

METHOD

1. Cut 1 lime in half and juice into a medium bowl
2. Cut second lime into 6 wedges and set aside for garnish
3. Stem, seed, and remove ribs from jalapeno and slice into 1/16" thin strips
4. Add rice wine vinegar and jalapeno to lime juice and toss. Let stand for 8 - 10 mins
5. Cut avocado in half and remove seed. Using a spoon, remove entire half and cut into 1/4" slices. Reserve for assembly

WHITE CORN TORTILLAS

INGREDIENTS

- 8 each white corn tortillas
- Vegetable oil as needed

METHOD

1. Warm large saute pan, flattop or grill plate
2. Lightly coat both sides of corn tortilla with oil
3. Lightly coat heating element with oil and place tortilla(s) down
4. When light air pockets (bubbles) appear, flip over for an additional 10 - 15 seconds and remove
5. Store wrapped in a dry linen or napkin in a warm area until needed

CILANTRO LIME DRESSING

INGREDIENTS

- 2 cups purple cabbage, thinly sliced
- 2 tbsp cilantro, finely chopped (reserve 10 - 15 whole leaves for garnish)
- 1 cup sour cream
- 1 tsp lime zest
- 2 tbsp lime juice
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp cumin, powder
- 1/3 tsp hot sauce (Tabasco or Cholula)

METHOD

1. In a medium mixing bowl whisk together cilantro, sour cream, lime zest, lime juice, salt, black pepper, cumin, and hot sauce
2. Cover and let stand for 10 mins
3. Set aside 2/3 (approx 8oz) of dressing for garnish
4. Mix remaining dressing with cabbage and place on top of tortilla
5. Top with shrimp, avocado, and additional sauce
6. Garnish with pickled jalapeno and whole small cilantro leaves

** Small diced avocado can be substituted for sour cream. Prepare all ingredients first then add and light dress the avocado

BULGOGI STYLE SHRIMP TACOS

Prep List

CHEF CHRIS' SHOPPING LIST

- 1 lb (21 - 25) peeled and deveined shrimp
- 8oz sour cream
- 6 cloves garlic
- 1 oz ginger (can substitute dry ginger)
- 1 Asian pear
- 1 bunch green onions
- 1 purple cabbage
- 3 limes
- 1 large jalapeno
- 1 ripe avocado
- 8 each white corn tortillas (4 - 5")
- Olive oil
- Sesame oil
- Soy Sauce
- Sugar
- Mirin or seasoned rice wine
- Salt and black pepper
- Cumin
- Red chili flakes
- Hot sauce (tobasco or cholula)

PREP LIST - THINGS THAT CAN BE DONE IN ADVANCE

- Prepare marinade and marinate shrimp at least 25 minutes before event
- Measure out and organize all dry and liquid ingredients