



Webinar Series Recipes

Lemongrass Ginger Poached Shrimp Salad with Toasted Fennel Dressing

Serves 4

For Shrimp

- 1 lb large or jumbo shrimp, peeled & deveined, with tails
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- 2 quarts of water or 2 cups of coconut milk mixed with 1 quart of water
- 2 stalks of lemongrass, bruised
- 1 shallot, roughly chopped
- 5 lime leaves, bruised, or zest of 1 lime
- 3 garlic cloves, smashed
- 1" piece of galangal or ginger, thinly sliced
- 1 lime, juiced

For Dressing

- 2 teaspoons toasted fennel seeds, ground
- ¼ cup extra virgin olive oil
- 3 tablespoons lime juice
- 1 large shallot chopped
- 1 ½ teaspoon honey or agave
- 2 tablespoons cilantro leaves and stems
- 1 Thai chili

continued on page 2



Webinar Series Recipes

Lemongrass Ginger Poached Shrimp Salad with Toasted Fennel Dressing

Serves 4

continued from page 1

For Salad

- 1 head green or red leaf lettuce
- 1 carrot, shredded or spiralized
- 1 cucumber, shredded or spiralized
- 1 pint cherry tomatoes
- ½ red onion, thinly sliced and soaked in ice cold water for at least 10 minutes
- ¼ cup chopped peanuts, optional
- ¼ cup chopped cilantro

1. Combine shrimp with baking soda and salt in a mixing bowl. Refrigerate the shrimp for 30 minutes.
2. Prepare your poaching liquid by combining the water with lemongrass, shallot, lime leaves, garlic, galangal or ginger, and lime juice. Bring everything to a boil, then cover and simmer for 20 minutes. Strain out the solids and return the broth to the pot.

continued on page 3



Webinar Series Recipes

Lemongrass Ginger Poached Shrimp Salad with Toasted Fennel Dressing

Serves 4

continued from page 2

3. Fill a large bowl with ice water and set aside. Bring the broth back up to a boil. Place the chilled shrimp in the pot and turn off the heat. Cover and let it sit for 5 minutes. Remove the cover and immediately transfer the shrimp to a bowl filled with ice water. Remove shrimp from ice water after 5 minutes, then pat dry and set aside.
4. To make the dressing, combine all the ingredients in a food processor or blender until combined — season with salt and pepper.
5. Toss all the salad ingredients with half the dressing, top with shrimp, and serve the extra dressing on the side.

To learn more about Culinary Health and to register for upcoming sessions, scan here:

