

Shrimp Tacos

Serves 4

INGREDIENTS:

- 1 pound peeled and deveined shrimp, tails removed
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon black pepper
- 3 tbsp olive oil, vegetable oil, or canola oil
- 2 teaspoons salt
- 1½ cups thinly sliced red cabbage (1/2 small cabbage)
- 2 limes
- 12 corn tortillas
- Optional toppings: avocado slices, pico de gallo, sour cream, jalapeño slices



DIRECTIONS:

1. In a medium bowl, toss the shrimp with the cumin, cayenne, onion powder, garlic, black pepper and 1 tablespoon oil. Season the shrimp with 1 teaspoon of salt. If time allows, refrigerate the shrimp to marinate for at least 30 minutes and up to 12 hours.
2. Squeeze 1 tablespoon of juice from 1 lime. Slice the remaining lime into wedges for serving. In a small bowl, combine the shredded cabbage with the lime juice and a pinch of salt. Toss together and set aside.
3. Heat a large skillet over medium heat. Warm tortillas in the dry pan, flipping once, until warmed through, about 30 seconds. Repeat until all tortillas are warmed, wrapping them in the dish towel to keep warm.
4. Heat a tablespoon of oil in the skillet over medium-high. Add half of the shrimp and cook without stirring until lightly browned at the edges, about 3 minutes. Flip to cook the other side for 1 to 2 minutes, until the shrimp is fully cooked. Move to a plate and cook the remaining shrimp, heating up the remaining tablespoon of oil before adding the shrimp to get a nice sear.
5. Divide the cooked shrimp among the warm tortillas and top with quick pickled cabbage and cilantro leaves (if desired). Serve immediately with lime slices for squeezing.

18 Reasons is a nonprofit community cooking school on a mission to empower our community with the confidence and creativity needed to buy, cook, and eat good food every day.



蝦仁墨西哥夾餅

4人份

材料:

- 1磅已去殼去腸蝦(去尾)
- 1茶匙孜然粉
- ¼茶匙辣椒粉(卡宴辣椒)
- ½茶匙洋蔥粉
- ½茶匙蒜粉
- ½茶匙黑胡椒
- 3湯匙橄欖油、植物油或芥花籽油
- 2茶匙鹽
- 1½杯紅椰菜絲(約½個小紅椰菜)
- 2個青檸
- 12片玉米餅

可選配料:

牛油果片、新鮮莎莎醬(pico de gallo)、酸忌廉、墨西哥辣椒片

1. 做法:

- 在一個中等大小的碗中，將蝦與孜然粉、辣椒粉、洋蔥粉、蒜粉、黑胡椒和1湯匙油拌勻。加入1茶匙鹽調味。如果時間允許，將蝦放入雪櫃醃至少30分鐘，最長可達12小時。
- 從1個青檸擠出1湯匙汁。將剩餘的青檸切成小塊備用。在一個小碗中，將紅椰菜絲與青檸汁和少許鹽混合，拌勻後備用。
- 用中火加熱一個大平底鍋。在乾鍋中加熱玉米餅，翻一次面，約30秒至熟透。重複此步驟直至所有玉米餅加熱完成，並用乾淨的布包住保持溫暖。
- 在平底鍋中以中高火加熱1湯匙油。加入一半蝦，先不要翻動，煎約3分鐘至邊緣微微金黃。然後翻面再煮1至2分鐘，直至蝦完全熟透。盛起備用。再加熱剩餘1湯匙油，重複步驟煮其餘蝦，以確保表面煎得香脆。
- 將煮好的蝦分配到溫熱的玉米餅上，加入快速醃紅椰菜和香菜葉(如需要)。立即享用，並配上青檸塊擠汁食用。



18 Reasons 是一個非營利社區烹飪學校
使我們的社區充滿信心和能力的使命
每天購買、烹飪和享用美食需要創造力。

