

# DOLLOP

VOL. 2021 - ISSUE 12

**PLEASING  
PLATES**

# This Week's Menu

**VOLUME 2021 - ISSUE 12**

**MARCH 22- 26, 2021**



## **MONDAY**

Peanut-Lime Shrimp  
with Rice

## **TUESDAY**

Cacio e Pepe

## **WEDNESDAY**

Teriyaki Steak  
with Roasted Potatoes

## **THURSDAY**

Cilantro Lime Shrimp Wraps

## **FRIDAY**

Spicy Cauliflower Stir Fry

# DOLLOP

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## **ARE YOU A HOME CHEF? DO YOU LOVE TO LOOK?**

If the answer is yes, then we'd love to feature you!  
Email us at [support@dolloponline](mailto:support@dolloponline).

## **HAVE A QUESTION OR COMMENT ABOUT A RECIPE?**

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# Editor's Letter

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Welcome to your new issue of Dollop - "Pleasing Plates" offers a range of quick, easy and flavorful recipes, which is always a winning combination. You'll love dishes like pan-seared lime and peanut shrimp and teriyaki steak. You will also learn how to present your food in a visually pleasing way, an important skill for the home chef.

From placement to fresh garnishes to the dishware, itself, this issue offers insight into what the best food plating looks like, so that your cooking not only tastes great, but is pleasing to the eye as well. Get started by viewing this week's grocery list so that you can pick up all that you need to get started.



**MATT WALKER**  
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**MONDAY**



**PEANUT-LIME SHRIMP  
WITH RICE**

# Peanut-Lime **SHRIMP** with Rice



**YIELD**

4 SERVINGS



**TIME**

45 MINS



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>SHRIMP</b> Shrimp, large (31/35 count) Salt	680 g 2 g	1½ lbs ½ tsp
<b>RICE</b> Water White rice, long grain Salt	340 mL 200 g 2 g	1½ cups 1 cup ½ tsp
<b>SPICE MIXTURE</b> Coriander, ground Black pepper, freshly ground Paprika, sweet Garlic, minced Sugar, white Red pepper flakes	2 g 2 g 2 g 3 g 4 g 1 g	1 tsp 1 tsp 1 tsp 1 clove 1 tsp ½ tsp
<b>SAUCE AND GARNISH</b> Neutral oil Sugar, white Neutral oil Cilantro, chopped Lime juice Peanuts, dry-roasted, chopped course Lime, wedges	15 mL 2 g 5 mL 8 g 15 mL 25 g  For garnish	1 tbsp ½ tsp 1 tsp ½ cup 1 tbsp 3 tbsp  1 lime

## METHOD

**1** In a large bowl, toss shrimp with salt and set aside for 20 to 30 minutes.

**2** In a saucepan, bring water to a boil. Stir in rice and salt and return to a boil over medium-high heat.

**3** Reduce heat to a simmer, cover, and cook until rice is tender and has absorbed all the liquid, about 16 to 18 minutes.

**4** Remove from heat and let steam, covered, for 10 minutes.

**5** In a small bowl, combine coriander, black pepper, paprika, garlic, sugar, red pepper flakes and salt. Set aside.

**6** Pat shrimp dry with paper towel. Add neutral oil and sugar to bowl with shrimp and toss to coat.

**7** Add shrimp to a large, cold skillet in single layer and cook over high heat until undersides of shrimp are lightly brown and edges turn pink, about 3 minutes.

**8** Remove skillet from heat. Use tongs to flip each shrimp; let

stand until second side is opaque, about 2 minutes. Transfer shrimp to plate and set aside.

**9** Add neutral oil to the same skillet. Add spice mixture from step 5 and cook over medium heat until fragrant, about 30 seconds.

**10** Off heat, return shrimp to skillet. Add cilantro and lime juice and toss to combine. Sprinkle with peanuts.

**11** Using a fork, fluff the rice. Serve with shrimp, garnished with lime wedges.

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## NOTES

- If your shrimp are treated with additives, skip the salting in step 1
- If you prefer to grind your own spices, you can use fresh coriander
- You can substitute sweet paprika for smoked paprika

**TUESDAY**



**CACIO E PEPE**

# Cacio e **PEPE**



**YIELD**

4 SERVINGS



**TIME**

20 MINS



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>SPAGHETTI</b>		
Salt	For pasta water	-
Spaghetti pasta	340 g	¾ lb
Pasta water, reserved	350 mL	1½ cups
<b>SAUCE</b>		
Butter	60 g	4 tbsp
Black pepper, freshly ground	8 g	2 tsp
Butter	30 g	2 tbsp
Grana Padano cheese, grated	150 g	1½ cups
Pecorino cheese, grated	65 g	¾ cup
Grana Padano cheese, grated	For garnish	-

## METHOD

**1** Bring a large pot of salted water to a boil. Add spaghetti and cook until a few minutes before al dente. Drain, reserving 1½ cups pasta water.

**2** In a large skillet, melt butter over medium heat. Add black pepper and cook, swirling pan, until toasted, about 1 minute.

**3** Add 1 cup reserved pasta water to skillet and bring to a simmer. Add spaghetti and butter.

**4** Reduce heat to low and add Grana Padano cheese, tossing until melted.

**5** Remove pan from heat. Add Pecorino, stirring until cheese melts and sauce coats the spaghetti. The pasta should be al dente.

**6** Serve pasta with additional Grana Padano cheese.

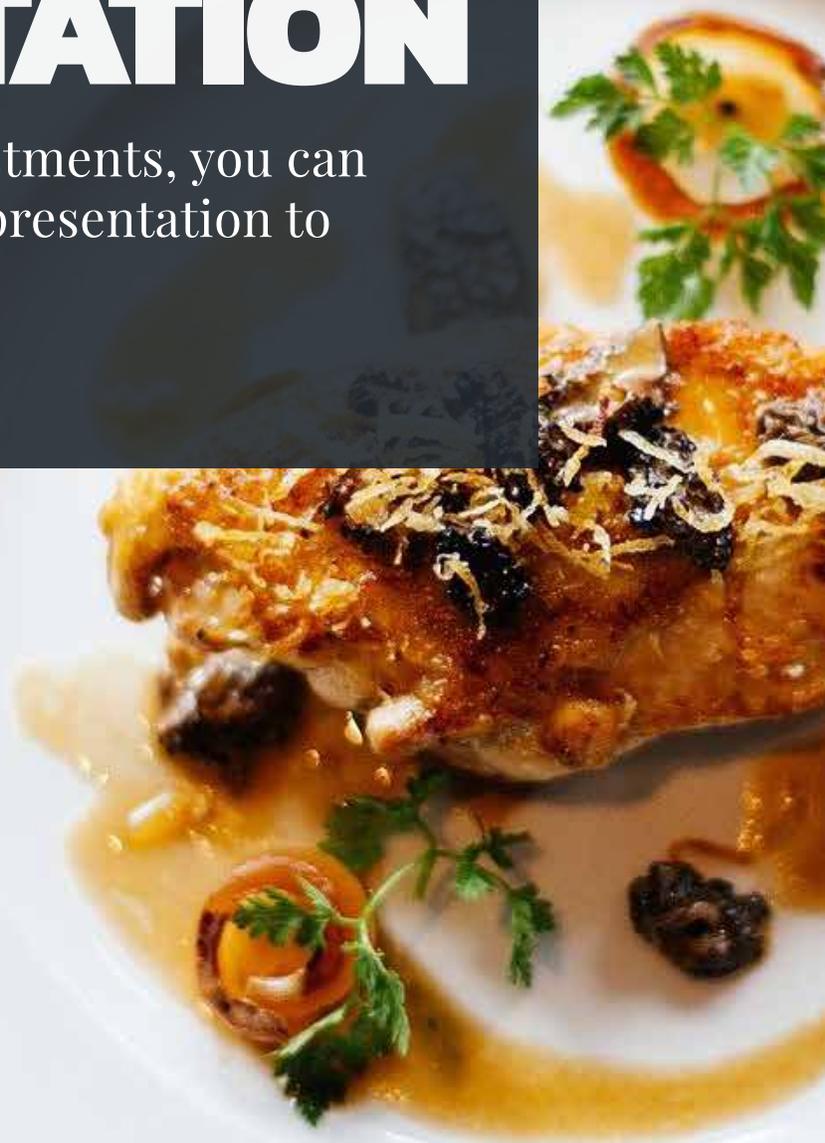


## **NOTES**

- Add more pasta water if sauce seems dry
- You can substitute Parmesan cheese for Grana Padano
- You can use only Grana Padano cheese if you wish
- Use any long pasta noodle you wish

# POINTS FOR PRESENTATION

With just a few simple adjustments, you can take your food plating and presentation to the next level.



A few little tweaks can mean the difference between serving a basic looking plate of food and one that looks like it came straight out of a culinary magazine. Since a lot of effort goes into cooking, why not make it look as appetizing as possible?

## THE CANVAS

First thing's first, your plates. Food looks best on white plates, or at least light colored ones - think ivory tones! It's clean looking and let's the colors of ingredients 'pop off the canvas,' so to speak. When it comes to the size of a plate, it is a delicate balancing act. If it's too large, your meal will look skimpy and if it's too small, everything will look overcrowded. Keep it simple when it comes to shapes as well, and use a round plate. As you get more comfortable with styling food, you can begin to experiment with geometric shapes.

## PLATING TIPS

Don't overcrowd your plate by trying to do too much. A good rule of thumb is to only fill two-thirds of the plate, allowing for white space. When it comes to arranging ingredients, there are a few options. There is the tried-and-true clock method: place starches at 10 o'clock, protein at 2 o'clock and veggies at 6 o'clock. Your goal should be to find a focal point (probably the protein) and build around it. Building height is often visually pleasing so, in the case of a protein, elevate it - perhaps atop a pile of beans or mashed potatoes. Similarly, stacking or leaning items against each other can be visually exciting. When it comes to large pieces of meat, instead of placing them whole on the plate, slice them and fan them out instead. This not only looks better, but also makes it more manageable to eat.





**A GOOD RULE OF THUMB IS TO ONLY FILL TWO-THIRDS OF THE PLATE, ALLOWING FOR WHITE SPACE.**

As much as you can, consider pairing different colors and textures together. It's not surprising that plates that include a variety of both are more appetizing, so multicolored and pickled vegetables, as well as fresh greens are great options. Steaming and blanching will actually bring out bright, vivid greens in vegetables like broccoli and asparagus. As for added texture, get creative with those trusty knives. Shaving or cutting carrots on a diagonal can be enough to visually elevate a dish.

Serving long noodle pasta is the perfect opportunity to practice your plating skills. Twisting pasta into a nice, round pile instead of throwing it on the plate adds one extra step but will really wow your guests. Using a carving fork, pick up a portion of pasta and anchor it in a soup ladle. After that, simply twirl until the pasta is coiled into a neat little nest in the ladle. Keeping the fork still in the ladle, gently nudge the nest of pasta onto a plate and slowly remove the fork. You may need to practice a few times to nail this technique but it's worth it.

If you want to get fancy, perhaps for a special occasion, you can use a squirt bottle or eyedropper and experiment with sauce drips and swirls. If you're working with a thicker sauce, simply dragging the back of a spoon through it and moving it swiftly can create an artsy smear on the plate. To

take it one step further, you can even use stencils to decorate the plate, it all just depends how creative you want to get. The most important part is that the process is more fun than it is stressful.

### FINISHING UP

Garnishings are key to beautiful plating and fresh herbs often make the best choice. It's amazing what a few sprigs of parsley or chives will do to complete a plate. Garnishes provide color, aroma and allow you to mix and match textures. Apart from herbs, toasted seeds,

**TWISTING PASTA INTO A NICE, ROUND PILE INSTEAD OF THROWING IT ON THE PLATE ADDS ONE EXTRA STEP BUT WILL REALLY WOW YOUR GUESTS**

zested citrus and crispy onions are common garnishes, provided they are paired appropriately. **Pro-tip:** thin tweezer tongs are a chef's best friend for precisely placing tinier items.

Lastly, a final drizzle of olive oil and finishing salt will perfectly complete many dishes, from pasta to steak. Remember that cooking can be messy business, so it is important to keep a clean, damp cloth handy so that you can wipe down the edges of your plates immediately before serving.



**WEDNESDAY**



**TERIYAKI STEAK  
WITH ROASTED POTATOES**

# Teriyaki **STEAK** with Roasted Potatoes



**YIELD**  
4 SERVINGS



**TIME**  
30 MINS



**DIFFICULTY**  
EASY

INGREDIENT	METRIC	US
<b>ROASTED POTATOES</b>		
Potato, preferably Yukon Gold, chopped	900 g	2 lbs
Olive oil, extra virgin	45 mL	3 tbsp
Salt	4 g	1 tsp
Black pepper, freshly ground	2 g	½ tsp
<b>TERIYAKI STEAK</b>		
Steak, skirt	680 g	1½ lbs
Olive oil, extra virgin	15 mL	1 tbsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Garlic, chopped	6 g	2 cloves
Ginger, peeled & chopped	10 g	1 tbsp
Honey	85 g	¼ cup
Soy sauce	110 mL	½ cup
Water	110 mL	½ cup
Green onion, sliced	20 g	2 onions

## METHOD

**1** Preheat oven to 220°C / 425°F. Line a baking sheet with parchment paper.

**2** In a large bowl, combine potatoes with olive oil, salt and black pepper. Toss to coat. Place on baking sheet.

**3** Put potatoes to the oven and roast until golden brown and crispy, about 20 to 25 minutes.

**4** Slice steak against the grain as thin as you can.

**5** In a large skillet, heat olive oil over medium-high heat. Add half of the beef to skillet and season with salt and black pepper.

**6** Turn heat to high and cook, undisturbed, until it's browned on the bottom and releases easily from pan, about 3 to 5 minutes. Transfer to a bowl and repeat with olive oil and remaining beef.

**7** Add garlic and ginger to skillet and cook, stirring frequently, until soft, about 2 to 3 minutes.

**8** Stir in honey, soy sauce, and water. Bring to a boil. Reduce heat so that mixture bubbles gently and cook, stirring occasionally, until sauce thickens

and lightly coats the back of a spoon, about 2 to 3 minutes.

**9** Return steak to skillet and toss with sauce.

**10** Serve steak and sauce with roasted potatoes. Garnish with green onion.

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## NOTES

- Placing steak in freezer for 30 minutes prior to slicing will make it easier
- Alternatively, you can use sirloin or striploin
- Alternatively, serve steak with mashed potatoes or rice

**THURSDAY**



**CILANTRO LIME SHRIMP WRAPS**

# Cilantro Lime **SHRIMP** Wraps



**YIELD**

4 SERVINGS



**TIME**

25 MINS



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>SHRIMP MARINADE</b>		
Shrimp, large, peeled & deveined, tails removed	450 g	1 lb (31/35 count)
Cumin, ground	4 g	2 tsp
Chili powder	2 g	1 tsp
Lime juice	15 mL	2 tbsp
Cilantro, chopped	7 g	2 tbsp
Garlic, minced	6 g	2 cloves
Olive oil, extra virgin	30 mL	2 tbsp
Salt	To taste	-
Black pepper, freshly ground	To taste	-
<b>WRAPS</b>		
Romaine lettuce, cut into 8 "cups"	-	1 head
Avocado, sliced	150 g	1 avocado
Sour cream	For garnish	-
Cilantro, chopped	For garnish	-

## METHOD

**1** In a large bowl, combine shrimp, cumin, chili powder, lime juice, cilantro, garlic, and olive oil. Season with salt and black pepper. Marinate in the refrigerator for 10 to 15 minutes.

**2** In a large skillet over medium heat, add shrimp mixture

and cook until shrimp turns pink, about 2 minutes per side.

**3** Spoon a portion of the shrimp into a lettuce cup. Add avocado. Drizzle with sour cream and garnish with cilantro. Serve.



## NOTES

- You can substitute plain yogurt for sour cream
- Alternatively, you can use Boston Bibb or butter lettuce leaves
- You can substitute the shrimp with ground chicken, turkey, pork, or tofu
- Add any other vegetables to the wraps that you wish, including tomato and shredded carrot

**FRIDAY**



**SPICY CAULIFLOWER STIR FRY**

# Spicy CAULIFLOWER Stir Fry



**YIELD**

4 SERVINGS



**TIME**

70 MINS



**DIFFICULTY**

EASY

INGREDIENT	METRIC	US
<b>STIR FRY</b>		
Cauliflower, cut into florets	900 g	2 lbs
Olive oil, extra virgin	15 mL	1 tbsp
Garlic, minced	6 g	2 cloves
Soy sauce	30 mL	2 tbsp
Lime juice	30 mL	2 tbsp
Green onion, sliced	20 g	2 onions
Hot sauce, preferably Sriracha	15 mL	1 tbsp
Green onion, sliced	For garnish	-
Lime wedges	For garnish	-

## METHOD

**1** Using your hands, break cauliflower down into even smaller florets.

**2** In a large skillet, heat olive oil over medium high heat. Add cauliflower and garlic, stirring, until cauliflower has browned, about 3 minutes.

**3** Turn heat to low. Add soy sauce, lime juice and green onion. Cook, stirring, for about 1 minute.

**4** Add hot sauce and stir well. Garnish with additional green onions and serve with lime wedges.

## NOTES

- Add more or less hot sauce according to your preference
- You can substitute a splash of rice wine vinegar for lime juice
- Additionally, you can garnish with sesame seeds and/ or crushed peanuts
- Enjoy as is or served over rice or noodles



# **WEEKLY SHOPPING LIST**



This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.



<b>PRODUCE</b> Garlic Ginger Lime Avocado Green onion Romaine lettuce Potatoes, preferably Yukon Gold Cauliflower	1 head 1 knob 5 1 1 bunch 1 head 900 g / 2 lbs 900 g / 2 lbs
<b>HERBS</b> Cilantro	1 bunch
<b>SPICES &amp; CONDIMENTS</b> Coriander, ground Red pepper flakes Honey	
<b>MEAT &amp; FISH</b> Shrimp, large (31/35 count) Beef steak, skirt	1 kg / 2½ lbs 680 g / 1½ lb
<b>CHEESE &amp; DIARY</b> Grana Padano cheese Pecorino cheese Sour cream	175 g 65 g 60 mL
<b>GRAINS &amp; PASTA</b> White rice, long-grain Spaghetti	200 g 340 g
<b>MISCELLANEOUS</b> Peanuts, dry-roasted	20 g

**MAKE SURE YOU HAVE THE INGREDIENTS  
FROM THE PANTRY ESSENTIALS**



# **PANTRY ESSENTIALS**



The following are ingredients that should always be in your kitchen. We assume you will always have these in your kitchen and do not include them in the weekly shopping list. If you run out, you should re-stock!



Extra-Virgin Olive Oil  
Neutral Oil (vegetable, canola, sunflower, etc.)  
Butter, unsalted  
Salt, Kosher  
Black Pepper  
Cayenne Pepper (or chili powder)  
Oregano, dried  
Cumin, ground  
Onion, powder  
Paprika, sweet or smoked  
Vinegar, white wine  
Vinegar, balsamic  
Hot sauce  
Mayonnaise  
Mustard, Dijon  
Soy sauce  
Stock, Chicken or Vegetable  
Rice, white or brown  
Flour, all-purpose  
Pasta, dried long (spaghetti, fettuccine, etc.)  
Pasta, dried short (penne, macaroni, etc.)  
Sugar, white



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