

Please Join First Parish of Sudbury Online for Cooking with the Kruskals!

Friday April 16, 2021

5:30 pm - Drinks & Appetizers (BYO!)

6:00-7:00 pm - Cooking Our Meal Together

7:00 pm - Dining Together

[CLICK HERE](#) to Zoom in!

Enter the password: 12345

Take a look at the recipes in advance to give yourself time to shop for ingredients and get ready to join the fun!

Menu:

Golden Rice with Shrimp (or substitute chicken or sausage)

-1 cup basmati white rice (just plain rice – not instant)

NOTE: Earlier in the day, soak the rice in water for at least 1 hour, prior to cooking.

-1 pound of shrimp – I like the larger easy-peel frozen uncooked. 21-25 count

Ahead of time, peel the shrimp and lightly salt (unless already salted) and refrigerate them.

Make stock with shrimp shells – boil with water - add a little spice if you like.

-You can substitute 1 pound of boneless raw chicken or sausage for the shrimp. You also can combine all three.

- 4 TBS cooking oil – I use olive oil .

- 1 large onion

- 2 cloves garlic

- 1 tsp turmeric

- one red bell pepper or jared or canned roasted red pepper

- chopped fresh parsley

- 1.75 cups stock – the shrimp stock you used or chicken or veg stock or water.

At cooking time, we will chop the onion and pepper and cook it in some oil.

Then drain and add the rice and turmeric saute a little and then add stock.

Taste for saltiness and add a little salt if needed.

Cook covered on low heat until the liquid is absorbed (about 10 minutes) and then set aside.

Cook the shrimp or protein in garlic and oil till barely done.

Stir all together in a casserole dish. (You can use the same pot that you cooked the rice in.)

Bake at 325 for 10 minutes.

Mango Avocado Salsa

- **1 ripe mango**

- **1 large ripe avocado**

Buy both of these ahead of time to give them time to ripen. When ripe they can be refrigerated to hold.

- **2-4 scallions** (depending on size)

- **chopped red pepper** – you can buy one large pepper and use it for both dishes.

- **fresh cilantro**

- **fresh lime**

- **xvir olive oil**

- **salt to taste**

- **something spicy if you like – a little hot sauce or chopped jalapeno**

Cut everything up and toss with ½ lime juice and then 1TBS olive oil.

Serve cilantro on the side if it's not to everyone's taste in your house. Otherwise toss it in and enjoy!