Virtual Cooking Class

ABPsi 52nd Annual International Convention
Sunday, July 25th @ 5:30 PM ET

Menu
Jerk Shrimp Tacos, Mango/Pineapple Salsa and Coconut White Rice

Ingredients
✓ Raw peeled & deveined Shrimp
✓ 1 cup Jasmine rice or your preferred rice
✓ 1 cup coconut milk
✓ 1 cup water
✓ 1 Avocado
✓ 1 Tomato
✓ 1 mango or pineapple
✓ 1 Iceberg or Romaine lettuce
✓ 1 tbsp. butter
✓ Apple cider vinegar
✓ Olive oil
✓ Jerk seasoning/Marinade
✓ Flour/Corn tortillas (Taco Size)
✓ Salt & Pepper
✓ Olive oil
✓ Favorite Cooking Seasonings (Adobo, Old Bay, All Seasoning etc.)

Equipment
✓ 1 Small Pot
✓ 2 Small Sauté Pans
✓ Mixing Bowl
✓ Round cookie cutter or small teacup (for plating)
✓ Knife and Cutting Board
✓ Large Dinner Plate
**Method**

**Cook rice**
-In a small pot combine water and coconut milk and bring to a boil. Add rice and season, simmer then stir. Reduce to low simmer. Cook until rice is tender and cover and leave on low heat.

**Salsa preparation**
-Together we will dice onions, tomatoes, and mango/pineapple. Then add all ingredients to mixing bowl with 2 tbsp. of olive oil and 1 tbsp. apple cider vinegar. Season to taste.

**Cook Shrimp**
-Heat up sauté pan with drizzle of olive oil. Cook shrimps on each side for 1-3 minutes. Finish with knob of butter.

*We will build tacos and plate together*

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**Mis En Place (Everything in Place)**

a. **Marinade Shrimp**
   - Cover shrimp w/ marinade for at least two hours in advance, more time, more infused flavor, place in covered container in refrigerator.
   - (Walkerswood Jerk seasoning, different spice levels available can be found at local international market or retail store)

b. **Please measure out all ingredients before session have available similar to picture**

c. **If preferred rinse rice**