



**DORIS & ED'S**  
Classic & Contemporary  
Seafood Oasis

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## **Mint & Basil Grilled Maya Shrimp over Polenta with Asparagus & Wild Mushrooms**

*Serves 4*

### **Shrimp**

1<sup>3</sup>/<sub>4</sub> lbs. Very Large Shrimp, peeled, deveined, preferably wild with heads left on  
1/4 Cup Flat Leaf Parsley, roughly chopped  
2 Tbsp. Mint, roughly chopped  
2 Tbsp. Basil, roughly chopped  
1/4 Tsp. Crushed Red Pepper Flakes  
1 Anchovy Filet, finely chopped  
2 Tsp. White Balsamic Vinegar  
1/2 Cup Extra Virgin Olive Oil

### **Polenta**

3/4 Cup High Quality Instant Polenta  
3 Cups Water  
1/3 Cup Parmigiano Reggiano, freshly grated  
3 Tbsp. Butter  
Salt and Pepper to taste  
1/2 Tsp. Lemon Juice

### **Mushrooms and Asparagus:**

3/4 -1 lb. Mixed Exotic and Wild Mushrooms, trimmed & stems reserved for mushroom stock  
1/2 Cup Asparagus Coins, 8-10 stalks of asparagus simply cut into rounds about 1/8 - 1/4 inches thick  
2 Tbsp. Shallots, small diced  
1 Clove Garlic, medium, thinly sliced  
2 Tsp. Fresh Thyme Leaves  
1 Tbsp. Dry White Wine  
1 Cup Mushroom Stock  
2 1/2 Tbsp. Unsalted Butter  
2 Tbsp. Extra Virgin Olive Oil

### **SHRIMP**

1. Combine herbs, red pepper, anchovy, balsamic vinegar and extra virgin olive oil in a bowl and mix thoroughly.
2. Season the shrimp with salt and pepper, then marinate in the herb mixture for up to 3 hours.

### **POLENTA**

1. Follow the directions on the instant polenta packaging.

### **MUSHROOMS & ASPARAGUS**

1. To make the mushroom stock: take stems cover with 1<sup>1</sup>/<sub>4</sub> cup water, bring to boil, then simmer for 10 minutes. Strain.
2. In a very hot pan sauté the mushrooms in the olive oil until they have caramelized.
3. Add asparagus coins, shallots, garlic, thyme and season lightly with salt and pepper.
4. Deglaze the pan with white wine and reduce by 75%. Add mushroom stock and reduce by 50%.
5. While the stock is boiling, stir in the butter, season with salt and pepper to taste and remove from heat but keep warm, do not boil.
6. Grill the shrimp 2-4 minutes per side depending on how big they are.
7. Place a mound of polenta in the center of 4 plates and distribute the mushrooms, asparagus and sauce evenly around each portion of polenta.
8. Place the shrimp in the polenta and enjoy.

*Preparation Time: 40 Minutes*

*Cook Time: 10 – 15 Minutes*

### **RECOMMENDED WINE**

*2008 Chateau St. Michelle, Pinot Gris, Washington State*

*2008 Foxglove, Chardonnay, Santa Cruz, California*

**The casual dining place where the fish isn't just fresh. It's wild!**

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