



CHEF
RON DUPRAT

Fresh. Flavorful. French Caribbean.

Shrimp, Snapper over Rice with a Mango and Papaya Salsa

Servings 8

2 cups cold cooked Sushi Rice

2 large organic brown eggs, lightly beaten

2 tablespoons minced [Red](#) Onion

1 tablespoon Toasted Sesame Seeds

2 teaspoons minced fresh [Cilantro leaves](#)

4 oz. Rock Shrimp

1/2 cup [all-purpose flour](#)

1/4 cup vegetable oil, for pan-frying

2 Tsp Rice Vinegar

Salt & Pepper to Taste

In a bowl, combine the rice, eggs, onions, Cilantro chilled, about 1 hour.

In a shallow dish combine the flour with the remaining 1/4 teaspoon of Essence.

Divide the rice into 8 portions of 1/4 cup each and form into **patty** shapes. Lightly coat on both sides in the flour.

In a large skillet, heat 2 tablespoons of the oil over medium-high heat. Add the Rice Cake in batches, adding more oil as needed, and **pan-fry** until golden brown on both sides and warmed through, about 3 minutes per side, pressing down with a **spatula** to flatten slightly.

Snapper

Season both sides of the fish with Maldon salt and dredge very lightly in the flour. Heat 2 Tbs. EVOO oil in a large nonstick skillet over medium heat. When hot, add two of the fillets, skin side up; cook until light golden brown, 4 to 5 min. With a thin slotted metal spatula, turn the fish and cook until the second side is lightly browned and the fish is cooked through, about 3 min. Transfer the fillets, skin side down, to a plate, cover to keep warm. Repeat with the remaining fillets.

Haitian Mango and Papaya Salsa

- 1 1/4 cup Tri color Pepper (Red, Green , Yellow)
 - Juice of 1/2 lime
 - 1 tablespoon citrus (Orange, Grapefruit, Lime and Lemon)
 - 2 large ripe Haitian mango's
 - 1 ripe papaya
- 1 1/4 cup sugar

DIRECTIONS

1. Cook sugar and 1 cup water, stirring, in a small saucepan over medium heat until sugar has dissolved. Bring to a boil. Cook until reduced to 3/4 cup, 5 to 8 minutes. Remove syrup from heat; stir in Citrus juice let cool slightly.
2. Place fruit in a large bowl. Add syrup; toss gently Garnish with Micro Mints