

Lighten Up Life

Bulgur Confetti with Shrimp

Submitted by Nicole Jobin

Ingredients:

14 ounces vegetable or chicken broth (organic preferably)
1/4 teaspoon cardamom seeds
1 1/2 teaspoons curry powder
1/8 teaspoon anise seeds
1/8 teaspoon caraway seeds
1/8 teaspoon fennel seeds
1/8 teaspoon crushed red pepper or cayenne
1/2 teaspoon salt
3 bay leaves (large)
6 whole cloves
2 garlic cloves, minced
1 cup bulgur
1/2 cup raisins, dried apricots (chopped), dried cranberries
1/2 cup carrot, finely chopped
1/2 cup celery, finely chopped
1/2 cup onion, finely chopped
1/2 cup bell pepper, finely chopped
1/2 cup mushroom, finely chopped
1 tablespoon olive oil
Salt to taste
2 cups of peeled, fresh or thawed frozen shrimp, rinsed, drained and pat-dry
Canola oil cooking spray (or your choice, preferably organic)

Preparation:

In a saucepan add the first 11 ingredients and bring to boil. Add bulgur and dried fruits. Reduce heat to low and cover. Simmer for 15 minutes. Then remove from heat and set aside. Meanwhile, in a skillet, heat the olive oil over medium-high. Add carrots to the skillet and cook for two minutes or so, until crisp. To the carrots, add the celery and cook another minute. Then add the onion, bell pepper and mushroom. Cook with the carrots and celery until tender. Salt to taste the vegetable mixture. Incorporate the cooked vegetables to the bulgur. Set aside. Coat a non-stick skillet with canola oil cooking spray. Lightly salt the shrimp and sear over high heat. Lower the heat to medium-high and cook until opaque. Be mindful not to overcook. Add the cooked shrimp to the bulgur and vegetable mélange. Adjust seasoning if necessary. Voila!

Besides being flavor-filled, this recipe is wonderfully versatile, nutritious, travels and freezes well too. It is enjoyable warm, at room temperature or cold. Inter-mingled, or crowned with sautéed or grilled shrimp (my favorite), a blend of seafood, firm-flesh fish, tofu, roasted Mediterranean vegetables, chicken, or pork, this dish is splendid.

“Bulgur Confetti” lends itself beautifully to casual occasions like “pique-nique” or buffet, and flairs up with elegance mounted by a whole lobster accompanied with drawn butter, that is, if you care to indulge.

Serving size: 1 cup

Yield: 7 servings