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Coconut Shrimp Salad

Serves 2

Ingredients

- 12 coconut shrimp (either store bought or homemade)
- 1 section romaine hearts
- 1 can mandarin oranges, drained (save liquid for dressing)
- 1/4 cup sliced natural almonds, toasted
- 1/3 cup shredded coconut, toasted
- 1 recipe honey mustard dressing (last week's recipe)

Method

1. Prepare coconut shrimp.
2. Toast almonds on baking sheet at 350 degrees for 5-8 minutes. Toast the coconut in the same manner, stirring half way through and cooing until golden. Cool both.
3. Break up romaine and divide between 2 plates.
4. Sprinkle mandarin segments, almonds and coconut over each salad. Top with 6 hot shrimp and either drizzle with the dressing or serve the dressing on the side.

What's Cookin' My, how prices have risen

Gerry is writing today...

As promised, here is the coconut shrimp salad recipe from last week. Hope you enjoy!

While recently sorting some old paperwork in the basement, I came across what I feel is a treasure from the past. Remember those yellow restaurant chits that say 'guest check' that your waiter used to write your order on? Well, apparently, we kept piles of them for this purpose, I presume. These are from the late 1970s at our Dairy Bar on Mill St. of Kentners Social Catering.

Here are some very interesting prices:

• Coffee 40 cents (we charged 15 cents a cup when we opened in 1976) • Apple pie 75 cents a slice (and this was homemade!) • Roast beef sandwich \$2 (with real roast beef that we cooked ourselves and sliced) • Muffin 40 cents • Salad bar \$2.25 • Quiche \$3.25 • Fruit salad 65 cents • Milk 20 cents • Ham or salmon or tuna sandwich \$2 • Cake 95 cents • Cabbage rolls \$3.75 • Soup 'n Sandwich Special \$2 • Afternoon Tea \$2 • Parfait 95 cents (do you remember parfaits?)

Anyway, you get the idea. It certainly has been a nostalgia trip into the past – only 40 years ago! Now I will throw them away, but sure was thrilled to find them!

Have fun and keep cooking!

**Lori Gysel
& Gerry
Kentner**



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