

PETS & PEOPLE

Kitchen Creations For Cat Lovers

by *Chef Cat Cora*

(NAPSA)—Fresh ingredients are key to pleasing even the most finicky gourmet. And, as many pet parents will tell you, that holds true for two- and four-legged family members alike.

I recently whipped up a number of healthy recipes for cat owners, including some of my favorite ingredients—fresh fish and seafood. I want to teach people to create delicious meals for themselves, while showing them that cats need fresh ingredients, too.

The following recipe, perfect for the two-legged members in the family, comes from my time as Dean of the Meow Mix Acatemy—a school that helps pet parents think more like their cats so that they better understand their pets' needs. It was inspired by some of the wonderful flavors offered to cats in Meow Mix Market Select:

Basque Shrimp with Chimichurri

- 4 lbs. shrimp**
- Salt**
- Freshly ground black pepper**
- 1 tablespoon dried orange rind**
- ½ tablespoon chili powder**
- 1 teaspoon sea salt**
- Basque-Style Green Sauce**
- 6 garlic cloves, peeled and chopped**
- 3 dried bay leaves**
- 1 fresh poblano pepper, coarsely chopped with the seeds left in**
- 1 fresh serrano chili, coarsely chopped with the seeds left in**
- ½ tablespoon sea salt**
- ⅓ cup finely chopped fresh Italian flat-leaf parsley**
- ¼ cup finely chopped fresh oregano**
- ¼ cup finely chopped fresh basil**



Iron Chef Cat Cora stresses the importance of fresh ingredients in her recipes.

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- ¼ cup sherry vinegar**
 - ⅓ cup olive oil**

Rub shrimp with salt and pepper, and then rub shrimp with entire Basque blend until well coated. Cover, set in refrigerator, 30 minutes.

Preheat grill and oven to 450° F.

While shrimp sits, make green sauce by combining garlic, bay leaves, pepper, chili and sea salt in mortar and mash until smooth paste is formed. (If you don't have a mortar, put all ingredients in blender with teaspoon of vinegar.) Transfer to mixing bowl. Add parsley, oregano and basil. Whisk in the vinegar and olive oil until well combined.

Place shrimp on hot grill and sear both sides until pink. Remove shrimp.

Set several shrimp onto each plate. Spoon green sauce over shrimp and serve.

Visit www.MeowMix.com to see highlights from the Meow Mix Acatemy and to enter to win a cat-inspired culinary experience with me.

Cat Cora is the star of the Food Network's "Iron Chef America" and author of a new cookbook, "Cooking From the Hip."