



Shrimp Wonders

JAZZ CITY SHRIMP

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| 2 pkgs (340 g each) frozen raw shrimp, thawed | 2 tsp (10 mL) rosemary, crumbled |
| 1/4 cup (50 mL) butter | 1/2 tsp (2 mL) cayenne pepper |
| 4 cloves garlic, finely chopped | 1 1/2 cups (375 mL) dry white wine |
| | 1/4 cup (50 mL) Worcestershire sauce |

Peel and devein shrimp, leaving tails intact. In a large frypan, melt butter. Add garlic, rosemary and cayenne pepper; sauté for 30 seconds. Add wine and Worcestershire sauce and bring to a boil. Boil until liquid is reduced to 2/3 cup (150 mL), about 7 - 10 minutes. Add shrimp and cook, stirring frequently until shrimp are pink and opaque, about 3 - 4 minutes. Do not overcook. Serve immediately. Serves 6.

CURRIED SHRIMP WITH COCONUT AND ASPARAGUS

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| 1 pkg (340 g) frozen raw shrimp, thawed | 1 cup (250 mL) sliced green onions |
| 2 tsp (10 mL) green curry paste | 1 can (14 oz/398 mL) coconut milk |
| 2 tbsp (25 mL) water | 1/2 tsp (2 mL) salt |
| 2 tbsp (25 mL) oil | Hot cooked jasmine rice |
| 2 1/2 cups (625 mL) sliced asparagus (1 inch/2.5 cm) | |

Peel and devein shrimp, leaving tails intact. Pat dry with paper towelling. Combine curry paste and water; add shrimp and toss to coat. Heat oil in a frypan over medium heat. Add shrimp and cook, stirring frequently, until shrimp are pink, about 3 - 4 minutes. Do not overcook. Remove shrimp with a slotted spoon; keep warm. Add asparagus and onions to frypan and saute for 2 minutes. Stir in coconut milk and salt. Bring to a boil and cook until slightly thickened, about 3 minutes. Return shrimp to frypan, reduce heat and cook for 1 minute. Serve immediately over rice. Serves 4.

SHRIMP PROVENCAL

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| 2 pkgs (340 g each) frozen raw shrimp, thawed | 1/2 cup (125 mL) dry white wine |
| 3 tbsp (40 mL) olive oil | 2 tbsp (25 mL) tomato paste |
| 1 cup (250 mL) chopped onion | 2 tbsp (25 mL) chopped fresh parsley |
| 1 cup (250 mL) chopped green bell pepper | 2 tsp (10 mL) thyme, crumbled |
| 1 cup (250 mL) chopped red bell pepper | 1 tsp (5 mL) basil, crumbled |
| 3 cloves garlic, finely chopped | 1/2 tsp (2 mL) fennel seed, crushed |
| 1 can (14 oz/398 mL) diced tomatoes | 1/4 tsp (1 mL) salt |
| 3/4 cup (175 mL) pitted kalamata olives | 1/4 tsp (1 mL) freshly ground pepper |

Peel and devein shrimp, leaving tails intact. Pat dry with paper towelling. Heat oil in a large frypan over medium heat. Add shrimp and saute for 1 minute. Transfer shrimp to a plate; keep warm. Add onion and bell peppers to pan; saute until tender, about 5 minutes. Stir in garlic and cook for 1 minute. Add next 10 ingredients (tomatoes through pepper) and bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in shrimp and cook until shrimp are pink, about 3 - 4 minutes. Do not overcook. Serve immediately. Serves 6 - 8.

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SHRIMP STROGANOFF

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| 1 1/2 lb (0.75 kg) frozen raw shrimp, thawed | 1/2 tsp (2 mL) dill weed |
| 1/4 cup (50 mL) butter, divided | 1/2 tsp (2 mL) freshly ground pepper |
| 2 cups (500 mL) sliced fresh mushrooms | 1/4 tsp (1 mL) salt |
| 2 tbsp (25 mL) finely chopped onion | 3/4 cup (175 mL) canned chicken broth |
| 2 cloves garlic, finely chopped | 1 cup (250 mL) light sour cream |
| 2 tbsp (25 mL) flour | |

Peel and devein shrimp, leaving tails intact. Pat shrimp dry with paper towels. Melt 2 tbsp (25 mL) butter in a large frypan over medium heat. Add shrimp and cook, stirring frequently, until shrimp are pink and opaque, about 3 - 4 minutes. Do not overcook. Transfer shrimp to a plate; set aside. Melt remaining 2 tbsp (25 mL) butter in frypan. Add mushrooms, onion and garlic; saute until tender, about 5 minutes. Stir in flour, dill weed, pepper and salt; cook, stirring, for 1 minute. Gradually stir in broth. Cook, stirring constantly, until bubbly and thickened. Stir in sour cream and shrimp. Cook, stirring frequently, just until heated through. Do not boil. Serve immediately. Serves 6.

SHRIMP SCAMPI STYLE

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| 2 pkgs (340 g each) frozen raw shrimp, thawed | 1 green onion, thinly sliced |
| 1/2 cup (125 mL) butter | 1/2 cup (125 mL) dry white wine |
| 8 cloves garlic, chopped | 1/4 cup (50 mL) fresh lemon juice |
| | 1 tbsp (15 mL) chopped fresh parsley |

Peel and devein shrimp, leaving tails intact. In a large frypan, melt butter. Add garlic and onion; saute 2 minutes. Stir in wine and lemon juice and bring to a boil; reduce heat and simmer 4 minutes. Add shrimp and cook, stirring frequently, until shrimp are pink and opaque, about 3 - 4 minutes. Do not overcook. Sprinkle with parsley. Serve immediately. Serves 6.

SHRIMP WITH FETA

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| 1 pkg (340 g) frozen raw shrimp, thawed | 1/2 tsp (2 mL) salt |
| 1 tbsp (15 mL) oil | 1/2 tsp (2 mL) basil, crumbled |
| 1/4 cup (50 mL) chopped onion | 1/2 tsp (2 mL) oregano, crumbled |
| 1 clove garlic, finely chopped | 1/4 tsp (1 mL) dill weed |
| 1 can (28 oz/796 mL) diced tomatoes | 1/4 tsp (1 mL) red pepper flakes |
| 1/3 cup (75 mL) dry white wine | 1 cup (250 mL) shredded dry pack feta cheese |
| 1/4 cup (50 mL) chopped fresh parsley | Hot cooked rice or orzo |

Peel and devein shrimp, leaving tails intact. Pat dry with paper towelling; set aside. Heat oil in a frypan over medium heat. Add onion and garlic and saute for 2 minutes. Stir in next 8 ingredients (tomatoes through red pepper flakes). Bring to a boil; reduce heat and simmer, uncovered, for 5 minutes. Add shrimp; cover and cook until shrimp are pink, about 3 - 4 minutes. Do not overcook. Sprinkle with feta cheese. Serve immediately over rice. Serves 4.

PRAWNS IN THAI GREEN CURRY

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| 2 pkgs (340 g each) frozen tiger prawns, thawed | 1 cup (250 mL) snow peas, halved |
| 1 tbsp (15 mL) grated fresh ginger | 1 tbsp (15 mL) cornstarch |
| 2 green onions, finely chopped | 2 tbsp (25 mL) soy sauce |
| 2 cloves garlic, crushed | 2 tbsp (25 mL) water |
| 1 tbsp (15 mL) oil | 1/2 cup (125 mL) coarsely chopped fresh mint |
| 1 red bell pepper, cut into small strips | 1/2 cup (125 mL) coarsely chopped fresh basil |
| 1 tbsp (15 mL) green curry paste | Hot cooked jasmine rice |
| 1 can (14 oz/400 mL) coconut milk | |

Peel and devein prawns, leaving tails intact. In a large frypan, saute ginger, onions and garlic in oil until fragrant. Add red pepper and prawns. Cook and stir until prawns are lightly browned on both sides. Stir in curry paste, coconut milk and snow peas. Bring to a simmer and cook just until shrimp are tender. Combine cornstarch, soy sauce and water; stir into prawn mixture and cook just until thickened. Stir in mint and basil. Serve immediately over jasmine rice. Serves 6.