

Shrimp

Equipment needed: Grill, Skewer (soaked), tongs, Food Processor

[] Ingredients:

Shrimp – 4 to 5 ounces per portion raw

Cooking oil – 2 Tablespoons

(Canola, Grapeseed, Blended Olive Oil, or any other oil with a high heat flash point)

For marinade:

½ juice from a lemon

Whole Grain Mustard - 1 tbspoon

Garlic clove – 1

Capers – 1 teaspoon

Fresh Tarragon – 5 to 6 sprigs (leaves removed)

Olive Oil – ¼ cup

Salt to taste



[Cooking Shrimp Skewers] Method

1. Before cooking, bring shrimp to room temperature. This brings the shrimp closer to the desired internal temperature. It will also help eliminate any unwanted condensation that may cause excessive spattering or even flares ups. Be sure to rest on a paper towel to absorb escaping moisture. This should take anywhere from 10 to 15 minutes.
2. Prep your shrimp by peeling and de-veining. I like to leave tail on for nub snacks.
3. For marinade, put all ingredients in a food processor. Blend all ingredients until well incorporated.
4. Once all your prep work is done, put your shrimp in a bowl and toss with marinade.
5. Allow shrimp to sit and soak for an hour. The flesh of the shrimp is very delicate and will marinate in no time at all.
6. Get your grill nice and hot.
7. Skewer you marinated shrimp and season with a little more salt.
8. Once grill is hot, place your shrimp skewer/skewers on the grill and cook each side about 2 to 3 minutes on each side.
9. When done cooking, you will notice the flesh has tightened up and turned a vibrant orange and white color.
10. At this point you can remove and allow to rest for consumption.

These grilled shrimp skewers are wonderful to enjoy with grilled veggies or a pasta topper.

Buen Provecho (Bon Appetite) – Chef Juan Zamora – www.chulaseafood.com