

Organic Shrimp Scampi

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Blog Post "Organic Shrimp Scampi"

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Many people are a little intimidated by the prospect of cooking shrimp simply because they haven't done it before. Here's a classic to get you started. It's easy and tastes great.

Shopping List

- 3 Tablespoons of Organic Extra-Virgin Olive Oil
- 2 Pounds of Wild Shrimp
- 3 Tablespoons of Organic Unsalted Butter
- 5 Medium Cloves of Organic Garlic
- 1 Organic Lemon
- 1 Tablespoon of Dry Vermouth or White Macon
- 3 Tablespoons of Chopped Fresh Organic Parsley
- Salt & Pepper for Seasoning.

Try to stick to organic ingredients but you can substitute if necessary.

Preliminary (Peeling and Deveining the Shrimp, Chop & Measure)

- Take out a large bowl.
- Peel and Devein 2 Pounds of Shrimp. Rinse and place in the bowl.
- Take 5 Cloves of Garlic. Peel and chop. Place in a small cup.
- Chop enough Fresh Parsley to Yield 3 Tablespoons.
- Measure 3 Tablespoons of Butter. Place in a Saucer.
- Cut a Lemon Longitudinally in Half, then cut Longitudinally again Yielding 4 wedges. Squeeze them into a cup. Fish out any seeds. Measure out 2 Tablespoons. Save the rest for your tea.
- Measure 1 Tablespoon of Dry Vermouth. Place in a small cup.

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The Main Event (Cooking and Combining)

-Place a large frying pan on Medium-High Heat. Add 3 tablespoons of Extra-Virgin Olive Oil & Add 2 pounds of peeled and deveined Shrimp.

-Cook the Shrimp. Keep them moving but be gentle. I like to use a wooden spoon to gently toss them around. Keep cooking for a couple of minutes. The shrimp will turn opaque and cook to the center when done. Don't overcook or they'll get tough.

-Place the Cooked Shrimp back into the bowl and cover (I generally put a plate on top of the bowl).

-Add 3 Tablespoons of Butter to the Pan. Melt and coat the pan.

-Add 5 Cloves of Garlic (chopped), move it around with the wooden spoon. Add 3 Tablespoons of Fresh Chopped Parsley. Toss around. Remove the pan from the heat.

-Add 1 Tablespoon of Dry Vermouth. Stir in.

-Add 2 Tablespoons of Lemon Juice. Stir in.

-Place back on a Medium Heat. Add the Shrimp. Toss just to get everything blended and warm. Don't overcook.

-Transfer to a plate add salt & pepper and serve. Remember. Don't let this sit around. Serve it fresh.

Hope you enjoy. Have fun & live naturally.