

# Preston-Layne Recipes

## November Shrimp

### Ingredients

- 12 Large Shrimp (approx.. ½ lb), peeled and deveined
- 1 Serrano or Jalapeño Pepper, de-stemmed, seeded and chopped (~30g)
- 30 Grams Red Bell Pepper, diced
- 2 Cloves of Garlic, through a microplane.
- 2 Tsp of Trader Joe's "Green Goddess" Seasoning Blend
- 2 Tbsp Jalapeño Sauce\* (Can be subbed, more on this at the end of the dish)
- 2 Tbsp Extra Virgin Olive Oil – split to 1+1
- 1 or 2 Tbsp Chopped, Fresh Cilantro\*\*
- Salt and Pepper to taste

In a medium sized mixing bowl, add the chopped serrano or jalapeño, chopped red bell pepper, micro-planed garlic, Green Goddess seasoning, Jalapeño sauce, 1 Tbsp Extra Virgin olive oil, salt and pepper. Mix everything well so it's all evenly distributed, then add your shrimp and allow them to sit with those flavors melding for 10 to 15 minutes.

Heat a medium sized skillet to medium hot and add the other Tbsp of olive oil. Once the oil is heated, add the shrimp and toss for two minutes, making sure both sides of the shrimp have seen the heat. If you need another 30 seconds, that's fine but don't go all the way to three minutes or your shrimp will overcook and get tough. Remember that the shrimp will continue to cook a bit more, even out of the pan. Take the shrimp and peppers off the heat, plate the dish and top with cilantro. This one really should not take more than 20 minutes. Super easy!

### Mix It Up To Make This Dish Your Own!

The real value of this dish is how quick, easy, delicious, and nutritious it is. It's also extremely versatile. If you're missing a particular ingredient, something that perhaps you don't keep on hand all the time, it's no big deal. You can simply exchange it.

**Jalapeño sauce** -- You might be thinking, "What is it? What brand is it? Where do I get it?" Or maybe even, "No way am I eating something that spicy!" The sauce I use is one I make myself. It's not difficult, but it does take a month. Instead of spending a month crafting your own sauce, just remember that the key to a good pepper sauce and the right amount of vinegar. So, you can use Cholula's® Green Pepper Hot Sauce or even Frank's Red Hot®.

**Cilantro** -- It's estimated that about 15% of people can't eat Cilantro. If you are one of those who think cilantro is yuck, just leave it out. If you feel like you still need color, parsley is a great substitute.

Don't be afraid to experiment and interchange a bit to make the dish your own.



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### Perfect Wine Pairing:

Trentadue Winery's OPR Sauvignon Blanc is a single vineyard wine with notes of melon, citrus and gooseberry... it's almost like this wine and the dish were made for one another!

