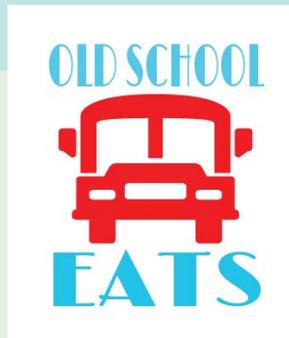


The Art of

LOUISIANA SEAFOOD



Old School Eats Shrimp Scampi (serves 4)

The key to this recipe is very high heat. You want to burn off alcohol and reduce liquids quickly. The garlic can burn quickly so be sure to have lemon and wine in hand and ready to go as soon as you add garlic. - *Chef Christopher Case*

Ingredients

- 1 lb. 16/20 Louisiana Gulf Shrimp
- 1 tablespoon clarified butter or olive pomace oil
- Juice from 1 lemon
- 2 oz. drinkable white wine
- 1oz. shrimp or chicken stock
- 1 tablespoon minced fresh garlic
- 1 tablespoon chopped parsley
- 1-2 tablespoons Parmesan cheese
- 2 tablespoon butter
- Slurry as needed (mix 1 part cornstarch 2 parts white wine)
- Kosher salt and pepper to taste

Procedure

In a large sauté pan heat fat or butter (enough to lightly coat bottom of pan) on medium high to high heat until wisps of smoke begin to form.

Add shrimp and cook until pink on both sides but not cooked through. About 1 minute.

Add garlic and toss or stir gently as to not burn garlic. Approximately 20-30 seconds.

Remove pan from flame and immediately add lemon and white wine. As soon as wine is added return to flame and cook 1 minute or until wine is reduced to 1/2.

Add shrimp or chicken stock and cook 1-2 minutes more until shrimp has curled and has cooked through.

Add slurry until suitable thickness is achieved. Reduce heat to low add salt and pepper and simmer 30 seconds.

Remove from flame and gently stir in butter and parsley.

Serve as is topped with Parmesan cheese or toss in favorite pasta.

St. Tammany's Shop Local Artists Week events have been made possible through the support of these organizations:



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