
Garlic Shrimp

Description

Chef's Note: The secret to this garlic shrimp is the garlic base—which is cooked ahead of time and imparts a garlicky goodness that is not bitey or overwhelming. You can serve this on its own, or over pasta, with rice or bread or on polenta—the options are endless.

Total time: 1 hr Yield: 6 servings

Ingredients

1 cup fresh, peeled garlic cloves, minced fine in a processor
1 Tbsp canola oil
1 Tbsp black pepper
3 cup chicken or vegetable stock (divided)
1/4 cup apple cider vinegar
1/4 cup unsalted butter
2 lb 16 to 24 shrimp (deveined, shelled, tail on)
3 Tbsp cornstarch
1/4 cup creme fraiche or sour cream
juice from one lemon
1 tsp garlic salt
1 tsp dried or fresh parsley

Prep Time: 30 min Cooking Time: 30 min Total Time: 1 hr

Instructions

To make the garlic base, process the garlic cloves in a food processor until fully minced. You can use a regular blender instead, but you may have to add some water to really get the garlic minced into a chunky paste. Next, heat a medium frying pan on medium heat, add the oil and the garlic and cook for 2 to 3 minutes, stir consistently. Add the black pepper and stir for one more minute to release the oils. Then add 2 cups stock and vinegar, gently simmering until the liquid has disappeared. At this point, the garlic should be a rich, light brown. Remove from heat and cool.

Heat a medium saucepan on the stovetop at medium heat and add butter and the garlic base. When the butter is melted, add the shrimp. Add the cornstarch to the reserved 2/3 cup stock and continue to sauté the shrimp. When the shrimp are slightly pink, add the stock mixture. Turn the heat to medium high and the sauce will start to thicken—when it does, add the crème fraiche or sour cream, lemon juice and season to taste with garlic salt. Finish with a sprinkle of parsley for color and serve with the side that you most desire!

Recipe brought to you by:

Chef Michi Holland