

Holiday Tips For The Home Cook



Louisiana Chef Frank Brigtsen's BBQ Shrimp. Surprisingly, it has nothing to do with a BBQ pit or BBQ sauce.

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(NAPSA)—Wild, fresh shrimp are a traditional holiday favorite in Louisiana. So, the Louisiana Seafood Board asked award-winning Chef Frank Brigtsen the key to unlocking the rich flavor of these delicacies of the delta. Chef offered these tips for the home cook.

“It really gets back to the fundamentals of home cooking...buy what you need for that day and cook and enjoy it.”

Look for whole Louisiana shrimp. Signs of freshness include bulging black eyes, firm head and a shiny shell.

Check the Country-of-Origin Label. Always use wild, local product.

Simplicity is critical. “You can do too much, where you’re not really taking advantage of the natural goodness.” Use simple sauces and be very careful not to ever overcook seafood.

Brigtsen suggests serving New Orleans BBQ Shrimp with a rice patty, pasta or sautéed veggies.

New Orleans BBQ Shrimp

1 dozen whole shrimp (10-15 count per pound)

3 Tbsp. & 4 Tbsp. unsalted butter, softened

1 tsp. finely chopped fresh rosemary

½ tsp. finely ground pepper

¾ tsp. Chef Paul

Prudhomme's Seafood Magic seasoning

1 tsp. minced fresh garlic

1 Tbsp. Lea & Perrins

Worcestershire Sauce

3 Tbsp. beer

mild bread, heated & sliced

Prepare shrimp stock. Peel shrimp (see below). Place heads & shells in pot. Add enough water to cover; boil. Reduce heat; simmer 5 minutes, stirring occasionally. Strain and set aside.

Heat heavy skillet 1-2 minutes over high heat. Add 3 Tbsp. butter, rosemary, pepper & shrimp. Shake skillet back & forth vigorously and cook just until shrimp turn pink.

Add seasoning & garlic, then shake skillet constantly for 5 seconds. Add Lea & Perrins and beer. Cook until liquid is almost evaporated, 15-20 seconds. Add ¼ cup shrimp stock and bring to boil. Cook 20-30 seconds to allow stock to reduce. Add 4 Tbsp. butter. Reduce heat. Shake skillet until butter melts. Serves six as an appetizer. Sopping up the sauce is half the fun.

For tips on peeling shrimp, click on Recipes at www.LouisianaSeafood.com.