



# How To Peel Shrimp & Make Stock



**1** Choose plump shrimp with bulging black eyes and a fresh sea water scent.



**2** Twist the head away from the body. Save the head for the stock



**3** Remove the shell. On the underside of the shrimp, there are two sets of legs. Hold one set of legs on your hand. Break them away from the center of the body. Continue pulling the legs over the shrimp body, until the shell slips off of the shrimp in one smooth motion. Save the shell for the stock.



**4** Using a knife, make a shallow slit down the back of the shrimp from the front to the tail.



**5** This exposes the vein, which can sometimes be clear or black. Remove the vein with your fingers, or run under cold water. Discard vein.



**6** To make the stock, gather a medium-sized pot, oil, water, onion, carrot, celery, garlic, bay leaf, thyme and black peppercorns (freeze the trimmings from your everyday cooking and use the stems and scraps for stock).



**7** Remember those shells? Now's the time to use them. Rinse under running water.



**8** Heat 2 tablespoons oil in the pot. Sauté the shrimp shells until they begin to turn pink.



**9** Add the vegetables and water to the pot. Simmer for approximately 15 to 20 minutes, or until stock has reduced to the desired consistency. Strain. Use immediately or cool and use within 3 days. Freezes for up to two months.

## Shrimp Clemenceau

MAKES 6 SERVINGS.

- 1/4 cup extra virgin olive oil
- 2 pounds medium Louisiana shrimp, peeled/deveined
- 1 pound button mushrooms, wiped clean with paper towel and quartered
- 1/4 cup (2 ounces, 1/2 stick) unsalted butter
- 1 small clove garlic, very finely chopped
- 1 small shallot, finely chopped
- 10 ounce package frozen green peas, thawed
- Brabant potatoes, hot, for serving (recipe follows)
- Kosher or sea salt and freshly ground black pepper, to taste
- Six sprigs flat leaf parsley, for garnish
- Six thinly sliced rounds of lemon, for garnish

Place a serving platter and dinner plates in a low oven to warm.

Place a large skillet over medium high heat and add the olive oil. When it is hot, add the shrimp and sauté, tossing occasionally, for 1 1/2 minutes. Add the quartered mushrooms and continue cooking for 1 minute more, then add the butter, garlic and shallot and cook for 1 more minute. Stir in the peas and season lightly with salt and pepper. Cook gently until the peas are tender and the mixture is hot, about 2 minutes more. Taste for seasoning and adjust if necessary; then add the Brabant potatoes and shake the pan to coat them evenly. Pour onto the serving platter, garnish with parsley and lemon slices and serve.

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