



Florida Gulf Shrimp and Sweet Pepper Stir Fry with Honey-Citrus Glaze

Ingredients:

- 1 Pound Florida shrimp, peeled and deveined
- 3 Bell peppers, assorted colors, sliced
- 1 Large onion, sliced
- 1 Tablespoon toasted sesame seeds
- 1 Tablespoon honey
- 1 Cup orange juice
- ¼ Cup cornstarch
- ¼ Cup low sodium soy sauce
- Oil for cooking
- Sea salt and fresh ground pepper to taste

Preparation

Lightly coat the shrimp with the corn starch. Preheat a large sauté pan over medium-high heat. Add 1 tablespoon of olive oil to the preheated sauté pan. Carefully add the coated shrimp to the sauté pan and cook until almost done, about 3 minutes.

Remove the shrimp from the pan and add the peppers and onions. Cook the peppers for 4 minutes. Add the honey, orange juice and soy sauce to the pan. Turn the heat up slightly. Bring the liquid ingredients up to a boil. Turn the heat back down to medium-high and add the shrimp back to the sauté pan. The sauce should thicken and the shrimp will be cooked after 3 minutes. Serve over brown rice. Garnish with sesame seeds.

Yield

4 servings



Shrimp Tacos with Cabbage

Ingredients

- 1 Pound medium-sized Florida shrimp, peeled
- 8 Corn or flour tortillas
- ¼ Cup fresh cilantro, chopped
- 2 Cups cabbage, shredded
- 2 Tomatoes, diced
- 1 Tablespoon hot pepper sauce (your favorite)
- 1 Fresh lime, juiced
- Vegetable oil (cooking)
- ½ Cup plain yogurt
- 1 Teaspoon dried cumin
- Sea salt and fresh ground pepper to taste

Preparation

Wrap tortillas in foil and warm in 300 degree oven.

Preheat a medium sized sauté pan over medium-high heat.

In a small mixing bowl combine the yogurt, lime juice, cumin and hot sauce. Stir ingredients to combine and taste. Adjust seasoning with salt and pepper. Set aside the yogurt sauce for later. Lightly season the shrimp with salt and pepper. Add 1 tablespoon of oil to the preheated sauté pan. Carefully add the seasoned shrimp to the sauté pan. Cook for 2 to 4 minutes or until completely done throughout. Assemble tacos by starting with a tortilla, then layer cabbage, cilantro and tomatoes. Place an even portion of shrimp on top of the vegetables. Spoon some of the yogurt sauce on top of the shrimp.

Yield

4 servings



Barbecued Shrimp

Ingredients

- 6 Tablespoons butter, divided
- 2 Teaspoons seafood seasoning or shrimp boil
- 1 Teaspoon cracked black pepper
- 2 Cloves garlic, finely chopped
- 1 Tablespoon fresh basil, chopped
- 1 Tablespoon fresh oregano, chopped
- 1 Tablespoon fresh parsley, chopped
- 2 Pounds large shrimp, peeled, with tail on
- 1 Tablespoon Worcestershire sauce
- ¼ Cup beer
- 2 Lemons, juiced
- ½ Cup bottled clam juice

Preparation

Brown 3 tablespoons of butter in skillet; add seafood seasoning, pepper, garlic, parsley and shrimp. Sauté over high heat until shrimp are pink. Add Worcestershire, beer, lemon juice and clam juice. Bring to a boil and reduce. Whisk remaining 3 tablespoons of butter into sauce to finish. Serve over coleslaw with extra sauce and crusty bread.

Yield

4 servings