

Curcuma indian shrimps and sautéés vegetables

Recipe for 4 persons

Description

Sautéés shrimp with spices and pan sired vegetables with fresh herbs.

Ingredients

For the shrimps

- 32 Unit(s) Peeled medium shrimps
- 250 Ml 35% cooking cream
- 2 Unit(s) Garlic
- 15 Ml Butter
- 4 Unit(s) French shallot
- 1 Unit(s) Jalapeno pepper
- 5 Ml Paprika
- 5 Ml Curcuma
- 10 Ml Brown sugar
- 10 Ml Sesame seeds
- 10 Ml Black sesame seeds

- Olive oil
- Salt and pepper

For the vegetables

- 1 Unit(s) Zucchini
- 1 Unit(s) Yellow zucchini
- 1 Unit(s) Red onion
- 2 Unit(s) Italian tomatoes
- 6 Sprig(s) Fresh cilantro
- 6 Sprig(s) Mint

- Olive oil
- Salt and pepper

Preparation

- Preparation time **20 mins**

For the preparations

Chop the garlic, dice the shallots, empty and dice the chili. Cut the zucchini in small stripes, mince the red onion, empty and cut in stripes the tomatoes. Chop the mint and the cilantro. Roast the sesame in the oven.

For the shrimps

In a pan, sweat the garlic, the shallots, the chili, the paprika and the curcuma in some olive oil and the butter. Sauté the shrimps in the mix for 2 to 3 minutes. Add the cassonade, the cream and let it cook for a few minutes, until the sauce get a little thicker.

For the vegetables

In a hot pan with olive oil sauté the vegetables 4 to 5 minutes, add some salt and Pepper, remove from the stove and add the fresh herbs by mixing it well.

For the plating

In a big round plate make a nest with the vegetables in the center of the plate, pour the shrimps and the sauce inside this nest and top it with the sesame seeds.

Bon appétit!