

Beer Poached Vermillion Bay Sweet Shrimp over Mixed Greens

RECIPE COURTESY OF CHEF COLT PATIN, LOUISIANA CULINARY INSTITUTE

INGREDIENTS

- **Shrimp:**
- 3 lbs Vermillion Bay Sweet Shrimp
- 1 bottle Abita Amber beer
- **Vinaigrette:**
- 1 ½ c Olive oil
- 3 oz. Cane vinegar
- 2 Tbsp oregano
- 2 Tbsp thyme
- 2 Tbsp basil
- 1 Tbsp black pepper
- 2 Tbsp Steen's Syrup
- 1 Tbsp garlic, minced
- **Salad**
- 1 ½ lb (16 cups) spring mix, leafy lettuce
- 8 small tomatoes, quartered
- 8 oz. carrots, shredded

DIRECTIONS

1. For the vinaigrette combine all ingredients except the olive oil in a medium bowl. Using a whisk, stir the ingredients while drizzling in the olive oil to make an emulsion. Set aside.
2. In a small pot pour in the Abita Amber and bring to a simmer. Once it reaches a simmer, toss in the peeled and deveined shrimp. Slowly poach the shrimp until they are fully cooked; it takes about 6-8 minutes. Using a slotted spoon, remove the shrimp and place in a bowl of ice water (this keeps the shrimp from overcooking.)
3. To put the salad together, mix the vinaigrette with the mixed greens and place on a small plate. Place a few shrimp on the salad and garnish with the carrot and tomatoes.



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HEALTHY SWAPS

- **Lower fat:** Reduce olive oil to $\frac{3}{4}$ cup, and add $\frac{1}{2}$ c water or broth to the vinaigrette mixture. 359 calories. 22g fat (3g saturated fat, 217mg cholesterol.) 1,002mg sodium. 13g carbohydrates (4g fiber, 4g sugar.) 25g protein.
- **Lower carbohydrate:** Substituting sugar-free syrup does not significantly change nutrients. Carbohydrates in the recipe are sourced mainly from vegetables.
- **Lower sodium:** Substitute crawfish tails for shrimp, and adjust poaching time to 3 minutes. 573 calories. 42g fat (6g saturated fat, 0mg cholesterol.) 366mg sodium. 15g carbohydrates (4g fiber, 7g sugar.) 32g protein.
- **Dairy-free:** Recipe is dairy-free as is.
- **Gluten Free:** Substitute 2 (5 oz) glasses of Sauvignon Blanc or other dry white wine for beer. 565 calories. 42g fat (6g saturated fat, 217mg sodium.) 1,006mg sodium. 15g carbohydrates (4g fiber, 7g sugar.)

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container		Total Fat 42g	54%	Total Carbohydrate 16g	6%
Serving size 2.5 cups		Saturated Fat 6g	30%	Dietary Fiber 4g	14%
Calories per serving	550	Trans Fat 0g		Total Sugars 7g	
		Cholesterol 220mg	73%	Includes 0g Added Sugars	0%
		Sodium 1010mg	44%	Protein 25g	50%
		Vitamin D 0mcg	0%	6%	• Iron 2mg
		Potassium 444mg	10%		10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.