



Grilled Shrimp & Sautéed Veggies w/ Citrus Sauce

a good low fat, low carb dish--serves 5-6
Marinade & SHRIMP:
1/2 cup vegetable oil
grated zest of 1 orange
1Tbs minced fresh basil or 1/2 Tbs dried
1 tsp minced fresh thyme or 1/2 Tbs dried
1 tsp minced fresh parsley
1 Lb cleaned, shelled SHRIMP Vegetables:
1 Tbs veg oil
3 cups: zucchini, artichoke hearts,
Mix marinade add shrimp for 3 hours. Heat oil in pan for vegetables,
add veggies and garlic, saute for 4 minutes, stirring. Add salt & pepper.
Add balsamic vinegar cook 1 min. more. Remove shrimp from marinade
and grill or broil 2 min. each side. Pile veggies on plate,
add shrimp on top and drizzle citrus sauce.

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Best and Easiest Shrimp We've Ever Eaten !!

Peeled & cleaned fresh Gulf Shrimp--as many as you want.
Bottled Thai sauce called: "Sweet Chilll Sauce for Chicken" available at Oriental Grocery.
Many brands available. We like "Lee Brand" --under \$2 for a big a bottle.
Not very hot, but spicy, garlicky and sorta sweet and sour,
thick and a pretty orange color with red pepper flakes.

Pat shrimp dry on paper towels. Put shrimp into a zip-lock bag with enough
Thai sauce to cover all of them about 30 min ahead while you make the fire.
Remove shrimp and slide them onto 2 side by side thin bamboo skewers (available at any supermarket)
about 1/2 in apart. Pour remaining sauce from the bag onto shrimp after you put them on the grill.
Soak thin bamboo skewers in water and using two skewers instead of one you can flip the shrimp
without them twisting around. Grill but cook only until they curl and turn opaque.
If you are also cooking veggies, they take longer, that is why it is best to do the
shrimp by themselves.
Serve with grilled zucchini, onions, mushrooms, bell peppers, pineapple, on skewers.
These shrimp can also be cooked under the broiler with the same sauce, for a very good meal--
but try to cook them over a BBQ fire if you can. Either way, a low carb meal--

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Garlicky Portuguese Shrimp

Six Servings
In a stockpot, warm the oil over med high heat.
Add garlic & onions. Saute for 5 min.
Stir in peppers, tomatoes, salt & pepper & shrimp.
Cook, tossing for 5 min.
Add tomatoe juice and spring onions and bring to simmer.
Stir in parsley & cilantro, cook for one min. Serve hot.
3 Tbs olive oil.
1/4 cup minced garlic
2 cups thin sliced red onions
2 cups thin sliced white onions
1/2 cup diced red bell pepper
8 tomatoes cut into thin wedges
2 pounds raw cleaned shrimp
2 cups tomatoe juice
1/2 cup chopped spring onions
1/4 cup chopped parsley
1/4 cup chopped cilantro
salt & pepper

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Boiled Shrimp & Remoulade Sauce

Boil big pot of water to which you have added a bag of Shrimp Boil
and a halved, squeezed lemon & salt. After the water is boiling, drop in
shrimp and cook only until they curl. Cool 'em off.

Make Remoulade Sauce ahead of time in food processor or blender.
Chill till needed, keeps a long time.

Two stalks of celery, one med onion, 3 tbs. lemon juice, 1/2 cup horseradish,
1 cup mayonnaise, 2 Tbs anchovy paste (in toothpaste type tube at grocery),
2 Tbs drained capers, big handful of washed parsley, 1or 2 cloves of garlic.
Tbs of either mustard OR ketchup--your choice. Blend or process it all together.
Makes about a quart. Chill and serve with BOILED SHRIMP

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