

# GOURMET FISHING

Season III - Episode XXI



INFO-SHORTS



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## Spicy & Sour Shrimp Soup



Host, Chef & Guide, David Murray





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# Grocery List

## Spicy & Sour Shrimp Soup

Shrimp	Cayenne peppers
Oil	Cilantro
Dried Japone's or Arbul	lemongrass
Peppers	Shallot
Chicken Broth	
Ginger	Good Fish Sauce
lime zest	Fresh Lime Juice



Spicy & Sour Shrimp Soup ingredients

# Spicy & Sour Shrimp Soup

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Serves 4  
Ingredients

- |   |  |
|---|--|
| 1 lb Shrimp   | 1 stalk of lemongrass, peeled and chopped, and crushed |
| 1 TBS Oil   | 1 large Shallot, peeled and quartered                  |
| 3 Dried Japone's or Arbul Peppers                     |  |
| 3 cups Chicken Broth                                  | 1 1/2 TBS Good Fish Sauce                              |
| 2"x1" piece of Ginger, peeled and thinly sliced       | 1 1/2 TBS Fresh Lime Juice                             |
| 1 1/4 tsp lime zest                                   | 1/4 cup Cilantro Leaves                                |
| 2 Cayanne peppers, sliced down the middle and crushed |  |
| 2 Cilantro stems, crushed                             |  |

Peel the shrimp and reserve the shells.

In a pot, add the oil to the pot over medium-high heat. When the oil just begins to smoke, add the shrimp shells and the Japone or Arbul peppers. Saute for about 3 minutes, occasionally stirring. The peppers should begin to turn black. Add the broth and stir, loosening any bits of goodness from the pot bottom. Next, add the ginger, lime zest, cayenne peppers, cilantro stems, crushed lemongrass andddd the quatered shallot. Bring to a boil and reduce to aaa simmer. Simmer the broth base for 30 minutes.

Strain the broth base into another pot. Return the pot to medium-high heat. You may opt to cut the shrimp into smaller bite-size pieces. Add the shrimp to the broth along with the fish sauce. Cook the shrimp until just dooone, 3 minutes. Remove the pot from the heat and add the lime juice and cilantro leaves.

Serve and enjoy.



# Spicy & Sour Shrimp Soup

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# Gourmet Fishing



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