

GOURMET FISHING

Season III - Episode XXIII



INFO-SHORTS



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Lowcountry Shrimp & Scallop Sugarcane Skews



Host, Chef & Guide, David Murray





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Sugarcane Skews





Grocery List

Lowcountry Shrimp & Scallop Sugarcane Skews

- | | |
|-------------------------|----------------------|
| Oil | Rum, Tropical Elixir |
| Lemon Juice | Corn Syrup |
| Black Pepper | Dijon Mustard |
| Salt | Coconut Vinegar |
| Garlic | Butter |
| Shrimp | Salt |
| Scallops | Ground Cinnamon |
| Sugarcane Swizzle Stick | black pepper |
| Packed Brown Sugar | cooking spray |



Lowcountry Shrimp & Scallops Sugarcane Skews ingredients

Lowcountry Shrimp & Scallop Sugarcane Skews



Serves 4
Ingredients

Marinade:

1 Tbs Oil
1 Tbs Fresh Lemon Juice
1/4 tsp Black Pepper
1/8 tsp Salt
1 TBS Granulated Garlic

12 Jumbo Lowcourty Shrimp
12 U10 Scallops

cooking spray

Rum Glaze:

8 Sugarcane Swizzle Stick
1/4 Cup Packed Brown Sugar
1/4 Cup Rum, Tropical Elixir
1/4 Cup Corn Syrup
3 Tbs Dijon Mustard
1 Tbs Coconut Vinegar
1 Tbs Butter
1/4 tsp Salt
1/4 tsp Ground Cinnamon
1/4 tsp black pepper

Combine the first 5 ingredients in a large non-reactive bowl. Add the shrimp and scallops, toss, and let stand for 5-10 minutes.

Cut the swizzle sticks in half so that there is a sharp point on the end of each stick: thread 1 shrimp and 1 scallop on each stick.

Combine the remaining ingredients in a saute pan. Mix to combine and bring to a boil. Reduce the heat to low and simmer for about 5 minutes. The mix should become syrupy.

Clean your grill grate with a wire brush and then spray your grill surface with cooking spray. Bring the grill up to heat and place the skewers on the grill in a diagonal pattern.

Grill the skewers for about 3 minutes on each side and baste the skewers with the rum syrup before turning to create a glaze. Baste the skewers again with about 1 minute until they are finished.

Plate 3 skewers per person and enjoy...

Lowcountry Shrimp & Scallop Sugarcane Skews



Marinade Toss



Rum Glazed Reduced



Sugarcane Shrimp Skew



Gourmet Fishing



We catch fish, and then, We cook our catch...



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