

GOURMET FISHING

Season IV- Episode 29



INFO-SHORTS



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Abacos Bar & Grill's Shrimp Diablo



Host, Chef & Guide, David Murray





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Sauce Tomat





Grocery List

Shrimp Diablo

Olive Oil

Sauce Tomat of French Tomato Sauce,
see page 6

Cayenne Pepper

Fresh Basil

Sherry

Balsamic Vinegar

Tomato Paste

Basil, chiffonade

Oregano

Whole peeled tomatoes

Grated Parmesan Cheese

Heavy Cream, 35% fat

Butter

medium shrimp, deveined & peeled

Large Shrimp Garnish, peeled w/ Tails intact

Linguini

Toasted Baguette slices



Abacos Bar and Grill Shrimp Diablo

Shrimp Diablo



4-6 Serving
Ingredients

3-4 Tbs Olive Oil	¼ cup Grated Parmesan Cheese
32 oz Sauce Tomat of French Tomato Sauce, recipe follows	¼ cup Heavy Cream, 35% fat
1 tsp Cayenne Pepper	4 Tbs Butter
1 Stem of Fresh Basil	24-36 medium shrimp, deveined & peeled (6 shrimp per person)
½ cup Sherry	12-18 Large Shrimp Garnish, peeled w/ Tails intact
2 oz Balsamic Vinegar	Linguini for 4-6 serving, cooked per instructions
1 ½ Tbs Tomato Paste	Toasted Baguette slices
2 Tbs Basil, chiffonade	
1 Tbsp Minced Fresh Oregano	
4-5 Whole peeled tomatoes, chopped	

In a medium-sized pan, add the oil over medium heat. When the oil begins to show any ripple, carefully add the sauce tomat. Stir the sauce to combine with the olive oil. Simmer for 3-4 minutes. Add the cayenne pepper, stir and combine. Add the Basil stem and let it rest on top while the sauce is simmering for an additional 2 minutes. Stir the basil into the sauce and then simmer for another 5 minutes. Stir occasionally to prevent sticking or burning.

Add the sherry and balsamic vinegar and stir to combine. Add the tomato paste and combine using a whisk. Simmer for 2-4 minutes.

Next, add the chopped tomatoes: stir to combine. Add the cheese and stir to combine. Let simmer for 4-5 minutes. Remove the basil stem.

While the sauce is simmering, heat a pan over medium heat. Add the butter and let it melt. Add the shrimp and sauté for 1 minute. Stir the sauce to make sure it is not sticking. Turn the shrimp and salt to taste, and add granulated garlic powder to taste. Cook for an additional minute.

Shrimp Diablo

Turn the sauce off and add the basil and oregano and stir to combine.

Remove the shrimp from the heat and place them into a small bowl.

Plate pasta for each serving. Top with Diablo Sauce. Arrange 4 to 6 medium shrimp on top of the sauce, and then finish the garnish with the large shrimp. Tails up. You can also garnish with basil and additional parmesan cheese.

Enjoy



Sauce Tomat



6 Cups
Ingredients

2 Tbs butter	1 clove of garlic, thinly sliced
2 Tbs flour	1 sprig of thyme
1-ounce salt-cured pork, diced small	1 bay leaf
½ cup carrots(1-2 carrots), diced	2 tsp sugar
½ cup onions (1/2 med onion), diced	42 ounces whole peeled tomatoes,
½ cup celery (3-4 Stalks), diced	28oz juice crushed in a bowl (28oz can & 14oz can)
	1 ¼ cups veal or chicken stock



Ingredients

Preheat the oven to 350°F

In a Dutch oven or other heavy-bottomed pot with a lid over medium heat, melt the butter. Add the salt-cured pork and cook, stirring, until the fat melts and the pork lightly browns, 5 to 7 minutes.

Add the carrots, onions, and celery to the pot and cook, occasionally stirring, until the vegetables soften and turn golden, about 5 minutes. Stir in the garlic, thyme, and bay leaf. Add the butter, and melt. Add the flour and stir to combine. Cook for an additional 3-4 minutes. Add the stock and bring it back to a soft boil.

Stir the tomatoes into the pot and bring to a boil over medium heat. Add sugar. Cover the pot and transfer it to the preheated oven.

Simmer in the oven for 1 hour. Remove and set the lid slightly askew, leaving a 1/4 inch gap between the lid and the pot on one side. Return to the oven for another hour. (Total time in the oven is 1 ½ hours or 90 minutes.) Remove from the oven, remove the lid, and cool.

Discard the thyme and bay leaf from the sauce.

Fill the blender, open the top vent, and hold a clean, folded dish towel over the opening. Pulse the blender on low speed 3-4 times and then turn on medium for about 10 seconds. Blend until smooth.

Transfer pureed sauce to airtight containers and store in the fridge for up to 4 days, or place in the freezer for up to 6 months. Use in any recipe that requires a tomato base.



Gourmet Fishing



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



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