

GOURMET FISHING

Season IV- Episode 32



INFO-SHORTS



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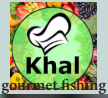
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Abacos Bar & Grill's Shrimp & Sausage Paella



Host, Chef & Guide, David Murray





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Shrimp & Sausage Paella





Grocery List

Shrimp & Sausage Paella

Rice	Turmeric
Peas	Cayenne Pepper
Hot Water	Clam Juice
Saffron	Chopped Tomatoes
Olive Oil	Dry Oregano
Shrimp	Salt
Chorizo or Andouille Sausage	Granulated Garlic
Clove Garlic	Lemon Wedges
Paprika	Long Leaf Parsley Leaves



Shrimp & Sausage Paella

Shrimp & Sausage Paella



2-4 Servings
Ingredients

1 Cup Rice	1/8 tsp Cayenne Pepper
1/2 Cup Peas	1 oz Clam Juice
1oz Hot Water	8oz Chopped Tomatoes
1/8 tsp Saffron	1 1/2 Tbs Dry Oregano
Olive Oil	Salt to taste
3/4 Pound Shrimp, 21-30 count, peeled & deveined	Granulated Garlic
1/2+ Cup Sliced Sausage, Chorizo or Andouille	
1 Clove Garlic, minced	Garnish
1/2 tsp Paprika	Lemon Wedges
1/4 tsp Turmeric	Long Leaf Parsley Leaves

Cook the rice as directed on the package.

Add the Saffron to the Hot Water and let steep for 5-10 minutes.

Cook the peas in boiling water for about 3 minutes and remove from the water and reserve.

Salt and granulated garlic the shrimp to your taste.

In a pan over medium high heat, add a little oil to the pan. Pan sear the shrimp for about 3 minutes, turning once. Remove the shrimp from the pan and reserve on a plate. Add a little more oil to the pan, heat the oil and then add the sausage. Cook for about 3 minutes, turning once and brown. Add the garlic, paprika, turmeric and Cayenne pepper to the pan and stir to combine and coat the sausage. Sauté for about 3 minutes.

Add the saffron and liquid to the pan. Then add the chopped tomatoes and clam juice. Stir to combine and coat the sausage. Bring to a boil and reduce to a simmer. Simmer for about 5 minutes stirring occasionally.

Turn the heat to off. Add the rice and cooked peas to the pan. Stir to completely combine and coat the rice. The rice should be a bright yellow. After the rice is coated and yellow, smooth the rice out and arranged the shrimp on top of the rice. Cover the pan and let rest for about 5 minutes.

Garnish with lemon wedges and parsley leaves and serve from the pan.



Gourmet Fishing



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



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