

Tiny pots – big flavours



RECIPE
CORNER

Potted shrimp is a great starter for al fresco summer meals. These little pots are packed with flavour and can be made a couple of days ahead, so one less thing to worry about on the day.

Potted Shrimps

Ingredients:

- 600g brown shrimps/prawns
- 2 shallots peeled and finely chopped
- 200g unsalted butter
- ¼ tsp ground mace
- ½ tsp cayenne pepper or to taste
- ½ tsp grated fresh nutmeg
- 50ml medium dry sherry
- 2 tbsp chopped fresh chives
- 1 lemon

Method

1 Melt 160g of the butter in a saucepan and add the shallots. Sweat over a medium heat, stirring occasionally for 7-8 minutes until soft but not browned. Add the sherry and simmer until the smell of alcohol disappears. Tip in all the spices and cook for a further 2-3 minutes continually stirring.

2 Turn the heat down and add the shrimp. Stir to coat the shrimps in the butter. At this point you need to taste and adjust the seasoning. Once warm remove from the heat.

3 Get 6 x 100ml ramekins and equally divide the shrimp/prawns between them, pressing them down with the back of a spoon. Melt the remaining butter in the same pan as you cooked the shrimp/prawns; remove all milky



residues from the melted butter, pouring only a thin layer of the clear butter over the potted shrimp. Chill until the butter has set.

4 Remove from the fridge 30 minutes before serving. Serve with warm toast, a small summer salad and a wedge of lemon.

TIP - *Serving warm toast rather than bread helps to melt the butter when spreading and give the whole dish another level of texture and flavours.*

For more information about personal chef services contact Ashley at Ashley's Kitchen
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Shrimps – Healthy and delicious!

- Shrimps pack a wallop of protein (18 grams per 3 ounce serving), and have only 83 calories and 1 gram of fat per serving.
- They contain no carbohydrates
- They are a fantastic source of selenium, essential for normal functioning of the immune system and thyroid gland. Mounting evidence suggests a link between selenium intake and a reduced risk of cancer.
- They are a good source of Niacin, Iron, Phosphorus and Zinc.
- They provide a good amount of vitamin A, vitamin E, vitamin B6, Magnesium, Sodium (salt) and vitamin C.
- They're a good source of copper, which can help prevent hair loss, contribute to hair thickness, and intensify hair color!