

Garlic butter shrimp, oven roasted vegetables, cherry tomato coulis, grape seed oil tuile

Recipe for 4

Description

Garlic sautéed shrimp scampi on a bed of roasted vegetables garnished with a cherry tomato coulis.

Note

Make sure not to over cook the vegetables or the shrimp. Vegetables should have a slight crunch to them!

Ingredients

Shrimp

- 8 Unit(s) Big shrimp
- 3 Clove(s) Chopped garlic
- 8 Sprig(s) Chives
- Butter
- Salt and pepper
- Olive oil

Cherry tomato coulis

- 1 Tray(s) Cherry tomatoes
- 100 Gr Butter
- 50 Gr Olive oil
- 4 Clove(s) Crushed garlic
- 5 Bunch(es) Basil
- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Shell the shrimp making sure to keep the last section of shell attached to the tail. Place on absorbent towels and keep in the fridge.

Roasted vegetables

- 2 Unit(s) Carrot
- 8 Head(s) Cauliflower
- 1 Unit(s) Yellow pepper
- 0.50 Unit(s) Fennel
- 2 Sprig(s) Thyme
- 1 Head(s) Garlic
- Butter
- Salt and pepper
- Olive oil

Grape seed oil tuile

- 25 Gr Flour
- 210 Ml Water
- 125 Ml Grape seed oil
- 1 Pinch(es) Salt
- Butter
- Salt and pepper
- Olive oil

Peel the carrots and cut them into sticks. Make nice bouquets with the cauliflower. Clean and quarter the fennel. Remove the seeds from the peppers and cut into large slices.

Peel and mince the garlic for the scampi, and simply peel them for the coulis. Cut the garlic head in 2 for the roasted vegetables.

Cut the cherry tomatoes in 2.

Finely slice the chives.

Shrimp

In a hot skillet with oil and a knob of butter, cook the shrimp for 1 minute on each side. Season with salt and pepper to taste.

Roasted vegetables

In a mixing bowl, combine all the vegetables and add the olive oil, salt and pepper. Combine well.

Transfer to a baking sheet, making sure that you have a nice even coat and the vegetables aren't too clumped up. Use a second baking sheet if necessary. Place in the oven for roughly 20 minutes, making sure not to overcook them.

Cherry tomato coulis

In an oven proof pan, place all of the ingredients, cover with aluminum and cook for 20 minutes at 400°F

Once you remove from the oven, transfer to a blender. Season to taste and set aside.

Tuile

Pass the flour through a sieve. Combine all the ingredients in a mixing bowl and whisk together. It should be nice and smooth in texture.

In a hot, non-stick skillet with a knob of butter, add a nice spoon full of the mix. Let the mix spread across the surface of the pan. It will cook until all the humidity has evaporated. At this point, carefully slide a spatula underneath the tuile and transfer it to a baking sheet or plate lined with paper towel. Repeat this process until you have enough tuiles.

Be careful! The tuiles are very delicate, so handle with care.

Plating

In a nice serving bowl, place the roasted vegetables at the bottom of the plate. Make sure you have a nice mix of all the vegetables. Garnish with 2 shrimp (flashed in the oven to re heat if necessary for 3 minutes).

Garnish with the cherry tomato coulis and the chives.

Finish off with a nice grape seed tuile!

Bon appétit!