

Sautéed shrimps with tamarin sauce, sweet potato stew, confit tomatoes

Recipe for 4

Description

Traditional, tasteful and straight-to-the-point dish from Martinique.

Note

Make sure the confit tomatoes aren't overcooked, not a jam but confit!

Ingredients

Shrimps

- 500 Gr Peeled medium shrimps, tail-on
- 100 Ml Tamarin
- 25 Gr Butter
- 1 Unit(s) Green pepper
- 2 Tbsp Honey
- 1 Unit(s) Lime
- 2 Tsp Tomato paste
- 1 Unit(s) Onion
- 3 Tsp Xérès vinegar
- 1 Clove(s) Garlic
- 1 Tsp Chili paste (sriracha)
- 0.50 Tsp Cayenne pepper
- 1 Leaf(ves) India wood

Sweet potatoes stew

- 2 Unit(s) Sweet potatoes
- 2 Unit(s) Garden carrot
- 1 Unit(s) Onion
- 2 Clove(s) Garlic
- 2 Unit(s) Tomato
- 5 Sprig(s) Flat parsley
- 2 Unit(s) Vegan chili
- 6 Leaf(ves) Basil
- 500 Ml White wine
- 1 Tbsp Paprika

Confit tomatoes

- 1 Tray(s) Cherry tomatoes
- 20 Gr Sugar
- 6 Sprig(s) Thyme
- 3 Clove(s) Crushed garlic

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **248 F°**

Mise-en-place

Chop the tomatoes and the pepper into small cubes (brunoise).

Extract the juice out of the lime. Finely cut the onion.

Peel and cut the garlic, both for the shrimps and the stew. Crush it for the slow cooked tomatoes.

Peel and cut the sweet potatoes into small cubes, bit bigger than we did with the pepper (macedoine).

Slice the carrots.

Chop the parsley, the pepper and the basil's leaves.

Shrimps

If possible, in a cast iron pan with a little bit of canola oil with a nod of butter gently colour the onion until golden brown.

While stirring with wooden spoon, add the garlic, the green pepper, tomato paste, Xéres, tamarin, the honey, Cayenne and the Indian leaf. Let it all cook together for 5 mins.

Lastly, add the shrimps and the sri racha and cook another 3 to 5mins. Off the heat pour the lime juice. Add salt and pepper if needed.

Sweet potato stew

In a stewpot, colour the onion until golden. Add the potatoes, then the carrots the garlic and the tomatoes.

Once everything has come together after 2-3mins of cooking at medium heat and well coloured, deglaze with white wine. Reduce to dry then add the water. Bring to a boil then lower down the heat for 30mins.

Right before serving add the basil and the parsley.

Confit tomatoes

Tomatoes in a bowl, olive oil in, sugar, salt & pepper. Branches of thymes and the garlic.

Gently mix everything altogether then off on a cooking pan covered with parchment paper, in the oven at 250F for 1h 30mins.

Montage

On a plate, put the stew first, then the shrimps and then the confit tomatoes all over.

Bon appétit!