

SHRIMP ORIENTAL

Equipment:

Measuring Spoons

Measuring Cup

3 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1/2 cup water 125 ml

1/4 cup soy sauce 50 ml

2 tbsp sherry 25ml

1/8 tsp hot pepper sauce 0.5 ml

1 clove garlic, finely chopped. 1

2 tbsp cornstarch 25 ml

1 package frozen pea pods, (6 oz.) defrosted and drained (170 g)

1 can bamboo shoots, drained 1 (8 1/2 oz.) (168 ml)

1 1/4 lb. large shrimp, shelled and 600 g

cleaned

4 green onions, sliced 4

hot cooked rice, optional

Procedure:

1. In a 3-quart (3 L) casserole, combine water, soy sauce, sherry, hot pepper sauce and garlic.
2. Blend in cornstarch until smooth.
3. Stir in pea pods and bamboo shoots.
4. Cover with lid.
5. Cook at **P7** 3 - 3 1/2 minutes; stir once.
6. Add shrimp and green onions; stir to coat.
7. Cover with lid. Cook at **P4** 12 - 13 minutes, or until shrimp just become opaque; stir once.

Let stand, covered, 5 minutes before serving. If desired, serve over rice.

Chefs Tip.

Look for Gulf or Wild Caught shrimp for the best flavor and quality.