



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, August 19

Poached Sweet Shrimp with Heirloom Tomatoes

By: Brian Bistrong, Chef and Co-Owner, Braeburn Restaurant

Serves 4

Ingredients

for the shrimp

1 pound shrimp cleaned deveined, size 16/20
1 cup canola oil
1/2 cup olive oil
2 cloves garlic crushed
1 sprig rosemary
1 sprig thyme
1-2 teaspoon crushed black pepper
Salt

for the salad

3-4 different heirlooms cut into wedges
1 cup tomato water
3 tablespoons basil oil
2 ounces raspberry vinegar or cider vinegar
1 piece ginger, grated
1/4 cup red onion, diced or shallots
Chopped parsley and chives
Salt and pepper

Instructions

1. Season shrimp with salt.
2. In shallow pot add rest of ingredients. Heat over low flame until it starts to get warm. Add shrimp and place in 200 degree oven. The shrimp will cook very slowly and will stay very tender.
3. While the shrimp are cooking assemble tomato salad.
4. In a large bowl place tomatoes and onion. Season with salt and pepper. Add tomato water and vinegar and mix well. Add the basil oil and herbs. Right before serving, take some of the grated ginger in your hand and squeeze it over the tomatoes and allow the juice to go in the salad.
5. Enjoy!