



SHRIMP WITH SNOW PEAS

Tender Shrimp in a Light Soy, Wine, Ginger Sauce, With Crispy Snow Peas and a Subtly Vietnamese Twist

This simple recipe will be a new favorite for any of you shrimp lovers in the house. It's delicious, light, and surprisingly healthy, when you leave out the oil it's normally cooked with. This dish takes a little bit of time to prep, because of the snow peas, but once you start cooking, it all comes together in 10 minutes.

Servings Info.:

Yields: 7-1/2 cups
 Servings: 5
 Serving Size: 1-1/2 cups



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- last checked 11/28/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Ingredients:

Shrimp:

- 2lbs raw shrimp, fresh or frozen. Peeled, deveined, tails removed. I used size 16-20 "Extra Jumbo" shrimp, you can use smaller shrimp if you want.
- 1 Tbsp water
- 1/2 tsp baking soda & 1 tsp sweetener, dissolved in the water.

Sauce:

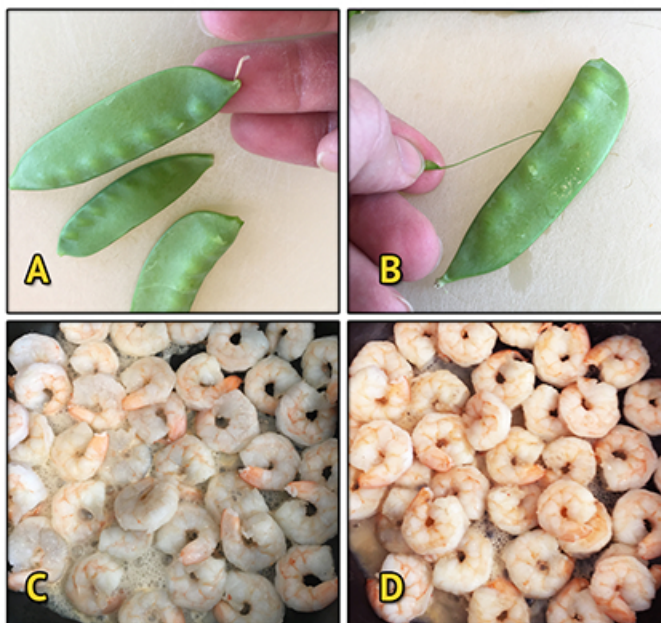
- 3 Tbsp low sodium soy sauce
- 1/2 tsp 'dark' soy sauce
- 2-1/2 Tbsp oyster sauce
- 3 Tbsp 0 calorie sugar replacement (I used lakanto monkfruit)
- 1 Tbsp white wine (or use water if you want)
- 1/2 cup chicken broth OR clam juice
- 3 Tbsp lime juice
- 1 tsp rice vinegar
- 1 tsp fresh ginger, minced
- 1/8 to 1/4 tsp black pepper, to taste
- 1-1/2 Tbsp cornstarch, stirred into sauce, till dissolved

Additional Ingredients:

- 1.5lbs (24oz) fresh snow peas. I purchased (3) 8oz bags from my local grocery store.
- 1/2 cup green peas, fresh or frozen

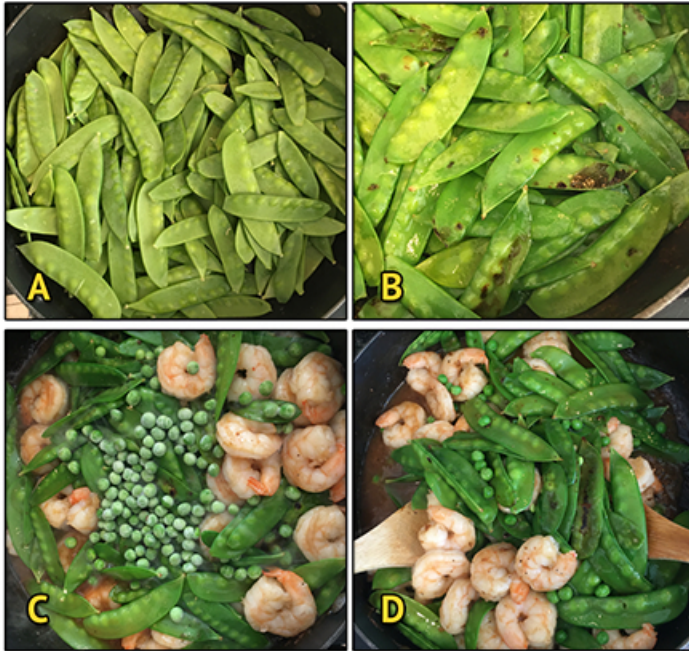
Directions:

1. Combine the shrimp, water, dissolved baking soda and sweetener in a bowl. Set aside for 20 mins.
2. Mix together the sauce ingredients, set aside.



3. (A) To 'clean' the snow peas, pinch off the little string on one end, then (B) peel back to the opposite end of the pea pod. If it comes off as a long strand, awesome. If it doesn't that's ok. The primary goal is to at least remove the little string at the end. Set aside (C) Heat a LARGE pan over medium-high heat, for 1 minute. Spray pan with cooking spray, then add the shrimp. Let cook for 2 minutes without stirring. (D) Stir/toss the shrimp then cook for an additional 2-3 minutes, till they look pink and look just cooked through. Remove from pan, set aside.

4. Turn the heat up to high. Heat pan for 1 minute, or till water droplets dropped into the pan immediately sizzle and evaporate.



5. **(A)** Spray with cooking spray, then add the snow peas. Do NOT stir the snow peas! Let cook for 1-1/2 minutes, without mixing/tossing. You want them to slightly char. **(B)** Toss the snow peas, then cook another 1-1/2 minutes, without tossing. **(C)** Pour in the sauce, which will start to thicken quickly. As soon as the sauce thickens a little, toss and stir to coat the snow peas, then add the shrimp back into the pan, along with the additional peas. Mix to combine. **(D)** Cook for another minute, or until the sauce is thick and coats the dish. Done.

NOTES & SUGGESTIONS:

- **SHRIMP SIZE:** I like larger shrimp for my entrees. When you are buying shrimp, whether fresh or frozen, there are numbers listed with it. Example: 41-50 count, 21-25 count, or in this case, 16-20 count. That's how many shrimp you get per pound. I bought a bag of frozen, peeled, deveined, tail on 16-20 count "extra jumbo" shrimp. The larger the numbers per pound, the smaller the shrimp. For this recipe you can use any sized shrimp you want, just use 2 pounds worth. Also, smaller shrimp will cook quicker than larger shrimp, obviously. Adjust your cook times accordingly. PS: I bought 'tail-on' shrimp, because I wanted to remove the tails myself, so I could use them later for stock.
- **PEELED/DEVEINED:** I buy the shrimp that already have the shells removed and are already 'deveined'. For you folks new to shrimp... that means that the string of dark... um... 🤢 has been removed. It's worth the couple of extra bucks to buy shrimp like this, otherwise YOU have to peel off all the shells and clean that 'waste' track out yourself.
- **WHITE WINE:** Obviously, this isn't traditional. But I'm using 1 Tbsp of white wine here, instead of Asian cooking wine, because I'm not going to make you go hunt down some 'shaoxing cooking wine', when you can get an inexpensive mini bottle of white wine at 7/11 for \$2.
- **OYSTER SAUCE:** You can find oyster sauce in the same area of your local grocery store (or walmart) where you'd see soy sauce. If you don't like the briny 'ocean' flavor of oyster sauce, you can substitute it with 'vegetarian oyster sauce'. It has a kind of similar flavor... but is made from mushrooms.
- **BROTH/CLAM JUICE:** You can use chicken or vegetable broth for this dish. However, if you'd like it to have an even richer seafood flavor, you can substitute the broth with some 'clam juice'. It's found in the store, next to the canned tuna and sardines, typically.
- **SNOW PEAS:** Are NOOOOOOOT the same as 'snap peas'. Snap peas have a much tougher 'shell'. Buy snow peas.

