



SHRIMP WITH LOBSTER SAUCE

A Deliciously Creamy and Savory Gravy-Like Sauce, Loaded with Ground Meat and Plump Shrimp

Ok... this is one of those 'bait and switch' dishes. For you folks thinking that you're about to get a dish full of Lobster... SURPRISE sucka! There isn't a single drop, bite, or molecule of lobster in this dish. This sauce is traditionally made, in China, for lobster, not shrimp. However, here in the good ol' US of A, Chinese cooks realized shrimp is a whole lot less expensive. Luckily,

it's still an amazingly delicious entree with shrimp. This dish is typically served over rice, making it a very hearty, though light meal. As an added bonus, it is pretty low in sodium, as far as Asian dishes go.

Servings Info.:

Yields: 7 cups
 Servings: 7
 Serving Size: 1 cup



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

Ingredients:

Meat:

- 2 pounds shrimp (size 16-21ct), peeled, deveined, tail off
- 1/2 pound batch of my 'Asian' seasoned ground turkey, recipe on pg. 19 (with 2 cups of reserved water... for 1A)

Sauce:

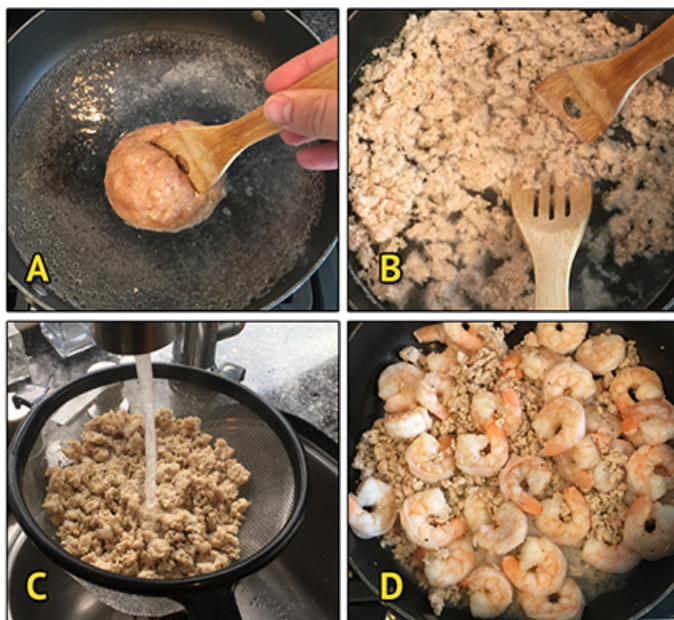
- 2-3/4 cups fat free chicken broth
- 1 Tbsp white wine
- 1 Tbsp rice vinegar
- 1 tsp sesame oil
- 1/2 tsp 0 calorie sugar replacement o' choice
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 Tbsp PLUS 2 tsp cornstarch, dissolved into 1/4 cup water

Additional Ingredients:

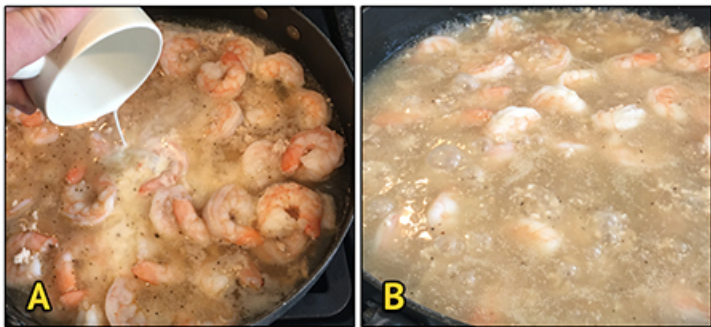
- 2 garlic cloves, minced (for use in step 2D)
- 1 cup frozen peas
- 1/4 cup thin sliced green onion
- 1 large egg. Yup... an egg. Sounds crazy, but it's awesome.

Directions:

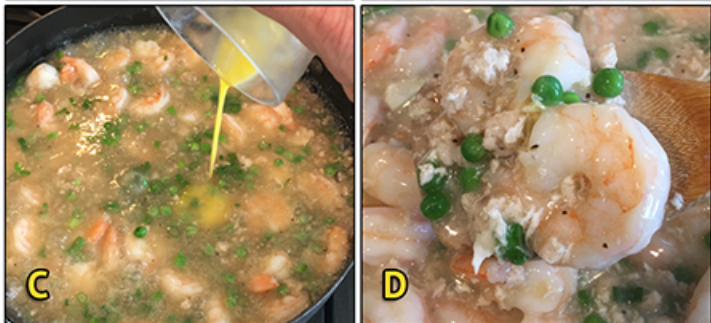
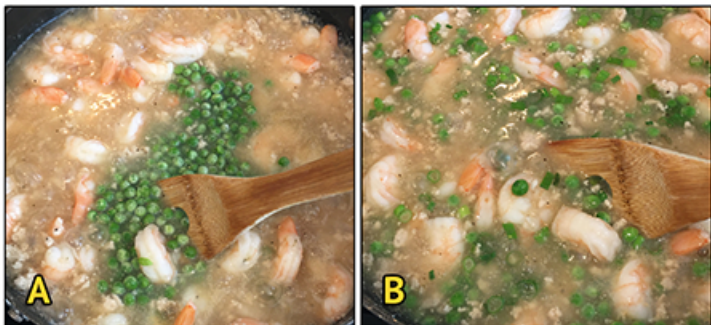
1. Mix together the 1/2 pound batch of my 'Asian' seasoned ground turkey, without sesame oil. Set aside 20-30 mins. Mix the sauce ingredients together, set aside.



2. (A) Ok, this next part is going to be preeetty weird... but just roll with it. In a large pan, bring 2 cups water to a boil, then add in the ground turkey. (B) Begin breaking apart the meat into smaaaall little pieces, as it cooks. Now, it gets even weirder. (C) Pour all of the meat into a strainer and rinse it off under cool running water. Set aside. (D) Heat a large, high walled pan over medium-high heat for 1 minute. Add the rinsed/drained ground turkey, 2 minced garlic cloves and the shrimp. Cook for 3-4 minutes, or until shrimp turns a light reddish-pink. Turn up the heat to High.



3. **(A)** Add all of the Sauce ingredients to the pan and bring to a boil. **(B)** Cook for 3-4 minutes at a rolling boil, allowing the sauce to begin thickening.



4. **(A)** Add the frozen (or thawed... you do you) peas into the sauce. Return to a rolling boil, cook for an additional 1-2 minutes, so the sauce thickens a little bit more. **(B)** Stir in the thin sliced green onions, stir to distribute, then immediately **(C)** pour in the beaten whole egg. **(D)** Begin stirring the raw egg into the pan. It will cook very quickly and will break apart into a gazillion... yes, a gazillion, fine little white threads o' egg, which will also help thicken the sauce even more, while adding a rich creaminess to the dish. This dish is typically eaten over rice. Use white or brown rice, it's up to you. You can even use that yuckie, chopped up, cauliflower stuff. Just... don't call it cauliflower rice, or I shall shun you and brandeth thee a heretic. It isn't rice!!

If desired, garnish with additional fresh sliced green onions and toasted sesame seeds.

SPECIAL MENTION:

Though I mention this dish is meant to be served over rice, my recipe does not include it, or the points for it. Use as much rice as you want, be it white, brown, or even that cauliflower heresy... but adjust your points accordingly.

NOTES (cont.)

- **WHITE RICE vs BROWN vs CAULIFLOWER:** Again... this dish is meant to be served over rice. Use whatever you want.
- **I DON'T LIKE SHRIMP, WAAAAA!!!:** Honestly, Susie... use chicken. I haven't tried it personally, but other people have told me they make it with diced chicken breast instead of shrimp and they love it.
- **WHITE WINE!?!?!:** The traditional recipes call for chinese cooking wine, however, it's very high in points. Rather than using 2 Tbsp of that hard to find Asian wine, which will 'up' the points... I'm using 1 Tbsp white wine and 1 Tbsp rice vinegar. It's 0 points and still tastes fantastic.
- **POINTS:** On both the regular and the diabetic plans, you can have up to 2 servings for 1 total point.
- **GROUND MEAT IN WATER? WTH, DANIEL!?!?!:** Yeah, yeah, yeah... I know it's weird, but it works. The reason it's done like this is to ensure that the 99% fat free ground turkey cooks and breaks up into FINE pieces. This works, roll with it. The reason we are rinsing the cooked meat off, is the finished sauce is supposed to be 'clear' and light in color. Traditional recipes follow this same process... this isn't one of those 'crazy dhallak' things. Cooking the ultra lean ground turkey with added water is the only way to make it break into FINE grounds, like fatty ground meat would.

