



Shrimp Cocktail

Tender Poached Shrimp, with a Delicious Cocktail Sauce

I know that for a lot of you seasoned cooks out there, you're thinking "why is he putting shrimp cocktail in this? It's easy." Well, not everyone can cook as awesome as you. That's where I come in, because it's my mission to help talk people through how to cook stuff (cramming 50 pictures into each recipe doesn't hurt either). This recipe makes a good sized platter of poached, X-Large shrimp. You know when you go to those fancy buffets and see a big platter of shrimp on ice, with a big bowl of cocktail sauce? Well now you can make that fancy platter yourself, and the best part... it only takes 5 minutes once the water boils.

Servings Info.:

Yield: 2 pounds

Servings: 4

Serving Size: 1/2 pound










Range

0-3

*- last checked 01/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

The points listed are ONLY for the 2 pounds of Shrimp. Your actual points per serving will vary, based upon how much of the Cocktail sauce you use for dipping.

Shrimp Sizing 'Count' Chart:

 Colossal U15 or less per lb	 Jumbo 11-15 per lb	 X-Large 16-20 per lb	
 Large 21-30 per lb	 Medium 31-35 per lb	 Small 36-45 per lb	 Shrimpy Shrimp

Ingredients:

Shrimp:

- 2 lbs raw shrimp, cleaned and peeled, tail on.
Buy decent sized shrimp, "16-20 count" is a good size for shrimp cocktail, though you can buy bigger if you'd like.
- 10 cups water, for boiling
- 2 Tbsp salt
- 2 Tbsp 0 point Natural sweetener of choice** (stevia, monkfruit, truvia, swerve, etc)
- 1 lemon
- Old Bay Seasoning, up to 4 tsp ----> **(OPTIONAL, see notes)**
- A goooood amount of ice. I used a 3lb bag from the grocery store

Additional:

- 1 batch of my low point cocktail sauce. Recipe on page 17.
- Lemon wedges and parsley for garnish

Directions:

1. This first step isn't really a direction, it's more of a little chat... go on, pull up a chair, I'll wait. Okay, this next part is for the newer cooks that aren't used to buying shrimp. When you go to the store, whether you're looking at fresh or frozen shrimp, there will be a number range listed on the bag or display. It'll be something like: 41-50, 31-35, 16-20, U15, U10.. etc, etc. Those numbers denote the size of the shrimp per pound. So if you get 41-50 shrimp, you're getting weeeee little fellas where it takes between 41-50 of them to make a pound. Shrimp with a U in front of the number are the big shrimp. U10 means that 10 or UNDER make a pound. For this recipe, you want size 16-20 shrimp, which are considered "Extra Large".



2. **(A)** Begin heating the water in a large pot, over high heat. Stir in the salt and sweetener, then slice the lemon in half and squeeze in the juice. Place the lemon halves in the water as well, don't worry if seeds got into the water. Bring the water to a rolling boil, then **(B)** turn off the heat and pour all of the raw shrimp into the hot water. Yes... turn off the heat. Let the shrimp cook in the scalding water for **3 minutes and 30 seconds**. If you are using shrimp larger than size 16-20, you will need to increase your cook time. **(C)** Immediately pour in the bag of ice. Allow the shrimp to sit in the ice bath for 10 minutes. **(D)** Remove the shrimp from the water and allow to drain, or pat dry with paper towels. **(E)** If serving on a large platter, place crushed ice on the bottom of the platter, then **(F)** lay the shrimp on the ice and serve with my awesome cocktail sauce and lemon wedges. Boom, done.

NOTES:

- A) I didn't use Old Bay in my batch, but you can definitely add it to the boiling water if you want.
- B) Rather than only serving a big platter of shrimp, you can also add some steamed, chilled mussels and clams to have a big ol' Miss Fancy Pants seafood platter, that'd make even Captain Ahab proud.
- C) Know what else would go great with this? My Tartar Sauce! (*recipe on page 26*)

