

Seared Shrimp

Ingredients:

Med-Large		Black Tiger Shrimps- suggest 4 to 6 per person.
2T	30ml	KHF French Tarragon Oil or Olive Oil
3T	45ml	KHF Almost Balsamic or White Wine Vinegar
2tsp	10ml	Fresh lemon thyme-minced
2tsp	10ml	Fresh lemon verbena-finely chopped
1		Lemon-zest and juice

Instructions:

1. Peel and devein shrimp and place in a bowl
2. In a separate bowl, combine all remaining ingredients and mix thoroughly
3. Pour mixture over shrimp and toss lightly to make sure all are covered with marinade. Cover.
4. Let flavours soak into shrimp for about 20 minutes at room temperature or up to 2 hours in the refrigerator.
5. In a non-stick skillet over medium heat, cook shrimp in small batches.
6. Shrimp should be just pink, do not overcook or they will become tough.
7. Remove from pan and keep warm until all the shrimp have been cooked and serve immediately.