

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 69: Shrimp Scampi Magic

From Chef Hans: I am a big fan of seafood and this shrimp scampi dish is so simple. It can be expensive in a restaurant, so this is one of those skill sets that everybody needs to know how to do, whether you are stomached or otherwise.

SHRIMP SCAMPI

Serves 1

INGREDIENTS:

- Butter (or olive oil)
- 1 tsp minced garlic
- ¼ cup diced onion (white, Bermuda, or a mix)
- Fresh thyme (leaves stripped from stems)
- Splash of white wine (or water/veggie/chicken stock)
- Pinch of dried oregano
- Juice and pulp of 1 lemon (remove seeds)
- 6 shrimp, peeled and deveined
- Handful of baby kale (stems optional)
- Fresh tomatoes, chopped
- Salt, to taste
- Green onions, chopped

DIRECTIONS:

Start with making the sauce: Set a medium-high heat and add butter to a pan. Add the minced garlic and diced onion. Cook until the onions are translucent and aromatic but not browned. Add your herbs and follow with a splash of white wine (or stock or water). Let it cook for a minute to reduce slightly. Squeeze in the juice of one lemon – use a fork to get some pulp out as well to add bright bursts of flavor.

Add your shrimp and cook just a couple of minutes until they turn pink and opaque. Toss in baby kale and stir in just enough to wilt. You can add a bit of salt to taste, start light – you can always add more later. Finish with chopped tomatoes and green onions at the end to retain their fresh and firm texture.

Turn off heat and serve immediately. You can enjoy it as-is, over pasta, with crusty bread, or even with more liquid for a soup!