

Summer Vegetable Stew with Garlic and Cumin Sautéed Shrimp

by Chef Dan Eaton

Ingredients:

1 pound raw shrimp, shells removed (see procedure)
3 large cloves garlic, minced (separated...see procedure))
Approx. ½ tsp ground cumin for seasoning shrimp
Pinch of salt for shrimp
1 – 2 Tbs olive oil for marinating shrimp
1 - 1 1/2 cups large dice onion
3 cups 3/4 - 1 inch cubed zucchini
2 Tbs olive oil
Approx. 1 – 1 ½ cups corn
2 - 3 cups rough chopped ripe tomato
pinch red pepper flakes
salt to taste
1/3 - ½ cup chopped fresh cilantro

Procedure:

Add the shrimp shells to a small pot with just enough water to cover (approx. 1 cup) simmer along for a few minutes to infuse the water with shrimp flavor and turn the heat off.

Use a small bowl to marinate the raw shrimp with half of the minced garlic, the ground cumin, a little salt and a splash of olive oil.

Add a splash of olive oil to a large, deep, heavy bottomed pan and sauté the diced onion and 1-inch cubed zucchini.

Once the onion is translucent, add the corn and half of the minced garlic and cook that for 4 - 5 minutes.

Then add the shrimp broth, through a strainer, and continue to cook until the cubed zucchini is tender crisp. Fold in the rough chopped ripe tomatoes, add a little pinch of red pepper flakes, season to taste with salt, cook for a few more minutes and turn the heat off.

Use another large pan to sauté the marinated shrimp in a little olive oil until cooked through.

Fold the cooked shrimp into the vegetable stew with the fresh chopped cilantro and serve in large shallow bowls.

SERVES: 4 - 6