



3 per person

Spicy Shrimp

Had so much fun making Spicy Shrimp for lunch. You know I buy only DRY PACKED raw in the shell frozen shrimp from a reputable fishmonger. As always, I was in a big toot hurry and didn't want to follow directions of thawing my shrimp and tossing it in the spices.

I had my salad already made from the day before and waiting happily in the fridge. Leafy green, red leaf and romaine with seeded cucumbers and celery in my Creamy Peppercorn Dressing, on page 29 in **Cooking with Judy**.

So I simply popped the frozen shrimp in a small skillet, popped on a lid and turned the heat to med-low. While it was thawing-steaming, I shook some shredded Parmesan into another *ceramic lined* skillet to toast it up for **Stinky Cheese**, page 24 **Volume 5**. I don't eat anything made with flour so this is my *WONDERFUL* substitute for croutons.

As soon as the shrimp turned pink, only a few minutes, I turned off the heat and removed the shrimp to a plate to cool, then added to my still hot skillet:

- 1 T butter
- a splash or two of Chapala hot sauce from Mexico,
- a pinch @ S&P
- a pinch fennel seeds
- 2 T jar garlic, faster, sweeter, easier when you're in a hurry
- 1 T lemon zest from the freezer
- 2 T fresh lemon juice

Mix well and use as a dipping sauce for shrimp, shells removed. Can use as an appetizer or quick snack with fresh veggie sticks or as a side with a salad as I did.



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Have Fun with the Kids!!!!

We didn't have to change the name of this one they'll have too much fun trying to pronounce it. How many children like eggplant? Not many, but they think it great fun to watch you cut it in half and leave the stem on, it's funny looking too when it bakes. Let them brush it with olive oil and sprinkle it with salt & pepper. Place face down on a foil & parchment lined baking sheet. They like to watch it bake, the skin gets all wrinkly and puffy and MONSTER looking. Once it has cooled let them scoop out the scary looking flesh into a bowl then dump it in the blender or food processor.



Preheat oven to 400° Medium-size fresh pretty purple eggplant, washed, cut lengthwise, brushed with olive oil & S/P, bake 30-40 min or until tender. Once cooled place in blender with the following:
1 med. garlic clove, grated, 1 C loosely packed, flat leaf parsley leaves, no need to chop, 2 T tahini, ½ lemon, zest and juice. Pulverize until well blended and serve as a snack with veggies.