



Sugar Apple

Posts From The Caribbean

Shrimp with Coconut Oil, Curry Leaves and Crushed Pepper

I found this recipe in one of our favorite cookbooks, Maya Kaimal's *Savoring the Spice Coast of India: Fresh Flavors from Kerala*. She calls for a pound and a half of small or medium shrimp. I had large (16-20 count) shrimp so used those and split them down the middle to give the flavors a chance to work their way through the shrimp. And who cooks a pound and a half of shrimp? I made two pounds and it was definitely worth the hunt for the coconut oil. This one's a keeper.

Do make the effort to find virgin coconut oil. You can probably find it at the health food store. The processed stuff is, as you would imagine, inferior in quality. But you don't need to spring for "extra virgin" coconut oil. There's really no such thing. Can you say marketing ploy?

2 pounds of shrimp
3 tablespoons of virgin coconut oil
1 1/2 teaspoons of freshly cracked black peppercorns (I used our pepper mill set on a fairly coarse grind)
3 stems of curry leaves
1/2 to 1 teaspoon of kosher or sea salt

Peel and devein the shrimp, then cut them in half down their backs so you get two, long thin pieces from each shrimp. Strip the curry leaves from the stems and discard.

Heat the coconut oil in a large wok or skillet over medium-high heat until it's hot but not smoking. Put the black pepper in the oil and cook for a minute. Add the shrimp and stir-fry until it starts to get pink, another minute or two. Add the curry leaves and salt to taste and cook until the shrimp are cooked through and you can smell the nutty aroma of the curry leaves. This will only take about five minutes from start to finish. So easy. Serves 4-6.

<http://www.abigailblake.com/sugarapple>

from the article *Quick and Easy Shrimp* posted on October 1, 2009