
Shrimp Minuette

*LeMont Restaurant - Mount Washington, PA
Pittsburgh Chefs Cook Book - 1989*

5 (21 - 25 per pound) shrimp
3 ounces leaf lettuce, chopped
2 ounces red pepper, julienned
2 ounces green pepper, julienned
2 ounces carrot, julienned
MARINADE and DRESSING
2 ounces Poupon mustard
6 ounces olive oil
2 egg yolks
1 ounce basil
salt (to taste)
black pepper (to taste)
Tabasco sauce (to taste)
1 ounce LeMarne vinegar
1 ounce lemon juice
1/2 ounce Worcestershire sauce
thinly sliced tomatoes (for garnish)

Emulsify the eggs and oil. Add the lemon juice and vinegar. Add the mustard. Add the basil, salt, pepper, Tabasco Sauce and Worcestershire sauce. Mix well.

In a bowl, toss the shrimp in the marinade. Set aside. In another bowl, toss the red pepper, green pepper and carrots in the mariinade. Set aside. Allow to marinate for 20 minutes.

Place the lettuce on a plate. Place the vegetables on the lettuce then place the shrimp on top.

Place thinly sliced tomatoes around the rim of the plate.

Appetizers

Per Serving (excluding unknown items): 1800 Calories; 182g Fat (88.4% calories from fat); 18g Protein; 36g Carbohydrate; 16g Dietary Fiber; 471mg Cholesterol; 234mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 35 1/2 Fat; 0 Other Carbohydrates.