
Barbecue Shrimp

Sterling's Restaurant - Pittsburgh, PA

Pittsburgh Chefs Cook Book - 1989

NOTE: Concasse, from the French concasser, "to crush or grind", is a cooking term meaning to rough chop any ingredient, usually vegetables or fruit. This term is particularly applied to tomatoes, where tomato concasse is a tomato that has been peeled, seeded (seeds and skins removed), and chopped to specified dimensions.

36 pieces shrimp

6 teaspoons Old Bay Cajun Spice

12 ounces fresh butter

12 ounces beer

salt

pepper

3 teaspoons garlic

12 ounces tomato concasse

Dust the shrimp with flour and spice. Saute' in fresh butter. When light pink, add the garlic and seasonings. Deglaze with beer.

Stir in the tomato concasse.

Serve with 24 ounces of rice.

Seafood

Per Serving (excluding unknown items): 381 Calories; 4g Fat (11.6% calories from fat); 45g Protein; 17g Carbohydrate; 1g Dietary Fiber; 328mg Cholesterol; 338mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable.