

HEADSTOCK AND SHRIMP SHELLS DECOCTION

1 Portions | Preparation time 120 min

INGREDIENTS

8 fresh shrimps and prawns

1 laurel leaf

3 English herbs

1 shallot

1 clove of garlic

50 ml of dry white wine

Water

Olive oil

¼ lemon juice

Salt, pepper

INSTRUCTION

Wash the fresh shrimps, then rip off the heads and remove the shells. Remove the intestine from the shrimps and use it for another recipe, e.g. mango shrimps.

Peel the shallot and garlic and cut into cubes. In a small pot heat the olive oil. Put the shallot into the hot oil, and when you add the glass, add garlic. Add laurel leaf and English herb. When the spices smell intense, add shells and shrimp heads. Add 50 ml of dry white wine and fill with water to cover the whole. Add ¼ lemon juice, salt and pepper. Cover and cook for about an hour and a half.

PURCHASE LIST

8 fresh shrimps and prawns

Laurel leaf

English herb

Shallot

Garlic

Lemon

White dry wine

After this time, blend the stock and rub it through a sieve. Place in a baked jar and close. This closed stock can be stored in the fridge for about a week.

The prepared infusion is a perfect base for fish soup or mule sauce.