

Prawns in tomato sauce

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Ingredients

- 300 g Shrimp (about 100-150 g unpeeled or peeled per eater)
- A few tablespoons of olive oil
- 1-2 heads of garlic
- 300 g tomatoes, fresh or canned
- Cayenne pepper
- Herbes de Provence (optional)
- Fresh parsley
- Salts

Instructions

1. Heat the oil in a large non-stick pan, it should be hot but not smoking. Add the garlic and stir-fry lightly until golden, but not browned. Add the tomatoes, if you are frying them fresh, cover the pan and fry until the juices run clear. If you use canned, fry for about 10 minutes until hot and the mass starts to shine. Add the drained shrimp. Cover the pan and cook on medium heat for 5 minutes or more if you are cooking larger ones. Watch the color, gray, uncooked shrimp will turn red. If you are cooking gambon or similar types that are already pink when uncooked, watch when they turn from translucent to matte. Do not overcook in any way! Overcooked shrimp acquires a floury taste, especially if you cook from thawed ones (which are the easiest to get).

2. Sprinkle with cayenne pepper and salt. Add parsley.

Notes

Tips. To make it easier to devein the shrimp, cut the shell from the back before cooking. If you want a more elegant meal, you're entertaining guests or otherwise, fingering doesn't look sexy, try half-dressing. Leave the heads, the very tip of the tails, but peel the whole shell. With a knife or toothpick, pull out the threads running through the back and belly. It will be nicer.

Such half-peeled shrimp, or if you are going to fry them completely peeled, cook them for a shorter time. Shrimp cook very quickly.

