

Cold Stuffed Shrimp Recipe

(Korean Recipes)

Ingredients: Serves 4

8 fresh large shrimp (300g), washed and drained
1½-2 cups water
1 scallion, sliced
½ shallot, thinly sliced (optional)
4 lemon slices
3-in piece Japanese cucumber, sliced into thin, long strips
½ large nashi pear (about 1¾ cups/300g), sliced into thin, long strips
8 scallions, green part only, blanched to soften or strips of jellyfish

Vinegar Garlic Dressing:

¼ cup rice vinegar
1 tablespoon sugar
1 tablespoon lemon juice
4-6 cloves garlic, minced
1 teaspoon salt

Method:

Combine the Vinegar Garlic Dressing ingredients in a bowl and mix thoroughly. Set aside. Peel off one section of the shell along the middle of the shrimp. Make a little incision and remove the intestinal tract. Skewer each shrimp lengthwise from the tail to the head with a bamboo skewer to prevent it from curling during cooking. Use a wide saucepan or a pot large enough to fit the skewers and add enough water to cover the shrimp. Add the scallion, shallot and lemon slices, and bring to a boil. Reduce the heat and simmer for 2 minutes. Add the skewered shrimp and cook for 4 minutes, or until the shrimp turn pink and are cooked through. Drain and set aside to cool. Remove the skewers and peel the shrimp, but leave the heads and tails intact. Slice the back of each shrimp and make a long slit along the underside of the shrimp. Place strips of cucumber and pear on the underside of each shrimp, holding them in place with your hand. Secure them firmly with the softened scallion greens or jellyfish and place each shrimp on a small plate. Pour the Vinegar Garlic Dressing over the shrimp and serve chilled or at room temperature. The crunchy texture of the jellyfish makes it ideal for cold salads. It is sold in rectangular pieces or cut into strips. If using, blanch in hot water for a few seconds and leave to soak in cold water until needed. Do not overcook as this would make the jellyfish very rubbery. Alternatively, the salad can be served in a bowl and simply tossed with the dressing. If nashi pear is not available, substitute with sliced pears, jicama or fresh water chestnuts.