

Thai Steamed Shrimp or Mussels

Unit: Large Skillet or Electric Skillet

5 - Pounds of fresh mussels or 1lb of peeled shrimp

1/3 - Cup fresh lime juice

1/3 - Cup of dry white wine

1.5 - Tbsp fresh minced garlic

1 - Tbsp white sugar

1 - Cup of fresh cilantro

1.5 - Tbsp Thai red curry paste

1- Tbsp Asian fish sauce

1 - 3.5 oz can of unsweetened coconut milk

Clean and rinse the mussels or shrimp. Discard any mussels that are even slightly open. In a large stock pot, combine all ingredients except for the mussels/shrimp and the cilantro. Stir to dissolve sugar and curry paste and bring to a boil on medium-high heat.

Boil for 2 minutes and then add the mussels/shrimp and cook for 5-8 minutes. All mussels should open. Remove from heat and discard any unopened mussels. Pour mussels and liquid into a serving dish and serve with cilantro.



HEALTH QUEST