

Dec.

Friends and Family

Culinary Services Group
Your Dining Partner



Salt & Pepper Shrimp

Ingredients

- 1 Cup Corn Starch
- 1 lb. Shrimp, shell on and deveined
- 2 tsp Salt
- 2 tsp White Pepper
- 5 Garlic Cloves, minced
- 1 Tbsp Ginger, Julienned
- 1 Jalapeno, thinly sliced
- 1 Cup Scallions, 1/2 inch pieces

Steps

- 1) Add enough oil to fry to a medium or large pot and heat.
- 2) Pat shrimp dry and dredge in corn starch.
- 3) Fry in oil for 3-4 minutes and place on a plate with paper towels.
- 4) In a large dry pan, warm to medium/high heat and add some salt and warm until brown. Remove the salt from the pan.
- 5) Add oil to the same pan and cook the garlic and ginger over medium heat for 1-2 minutes.
- 6) Add jalapenos and green onions to the pan and cook for another minute.
- 7) Add shrimp and the salt and pepper mixture to the pan and toss gently.

Here's What We're Up to This Month:

Suggested Activity: Holiday Cookie Decorating

Wellness Focus: Seasonal flu activity typically peaks between December and March. The best way to prevent the flu is by getting an annual flu shot. Additionally, you can protect yourself by avoiding close contact with others, staying home if you're sick, covering your mouth and nose when you cough or sneeze, and frequently washing your hands.

Food for Thought:

Shrimp is a low-calorie, high-protein seafood packed with essential nutrients. It's a great source of selenium, an antioxidant that helps combat cell damage, and provides significant amounts of vitamin B12, essential for energy and nerve function. Additionally, shrimp contains omega-3 fatty acids, which support heart health, and is rich in iodine, a mineral important for thyroid function.

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