

SHRIMP WRAPPED



Ingredients (yields 20 units):

- 5 tomatoes chopped into small pieces
- Spring onion to taste
- 20 medium prawns with shell and head
- 500 g of wheat flour
- 200 g of breadcrumbs
- 3 eggs
- 2 tsp salt
- Black pepper to taste
- 1 tbsp annatto or natural red dye
- ½ cup of water
- Sunflower or corn oil to fry as needed
- Wheat flour to bread the necessary

Preparation:

1. Put the shrimps with the shells and heads in a pan and salting to taste.
2. Add water and bring to heat until the prawns turn pink.
3. Then remove the shell and heads of the prawns and leave only the tail and set aside the cooked prawns
4. Reserve the peels and the heads and the cooking water.
5. Separate and clean around 20 heads and set aside.
6. In a blender, whip the water with the peelings and reserved heads, strain and take stock only.
7. Put 100 ml of oil in the pan, add the tomatoes and a spoon of salt.
8. Stir until a very thick sauce, add one tablespoon of annatto and then the stock of strained shrimp.
9. Put the shallots and stir until boiling.
10. Then put the wheat flour and stir until a homogeneous mass.
11. Continue stirring until the dough is completely unglued from the pan.
12. Then put the dough on a plate and let it cool.
13. For assembly take approximately 50 g of dough and make a ball in hand.
14. Open and place the shrimp with the tail on one side and the head of the shrimp on the other side or only the tail on the one side and weighing approximately 100 g and round to close.
15. Dip the wheat flour, beaten egg and breadcrumbs.
16. Fry in a skillet or pan at 164 and 170° C with enough oil to make the shrimp submerged.
17. Drain on kitchen paper towels.
18. Serve hot.