AMERICAN · SNACK

Jacques Pépin's Shrimp Cocktail with Spicy Sauce

20 min · plus cooling in the poaching liquid · Makes 2 × 4 shrimp with sauce · 103 kcal a portion

Video 3:42 · KQED

Pescatarian · Gluten-free ingredients · No dairy listed · No nuts listed

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Lean, high-protein seafood: about 19 g of protein for about 100 kcal a serve, and rich in selenium and vitamin B12. The ketchup sauce adds about 5 g of sugar.

Diet notes: Low saturated fat (0.1 g, 1% of the energy).

Ingredients 11 · MAKES 2 × 4 SHRIMP WITH SAUCE

- ☐ 225 g large **raw shrimp** in their shells (about 8), peeled, shells kept
- ☐ 240 ml **water** (for the poaching liquid, mostly not eaten)
- ☐ **crushed red pepper flakes**, a good dash (for the poaching liquid)
- ☐ a dash of **dried herbes de Provence** (for the poaching liquid)
- ☐ 1–2 tbsp **white vinegar** (for the poaching liquid)
- ☐ 2 tbsp chopped **onion** (for the poaching liquid, strained off)
- ☐ 2–3 tbsp **ketchup**
- ☐ 1 heaped tsp **sriracha**
- ☐ 1 heaped tsp **prepared horseradish**
- ☐ a dash (about 1 tsp) **rice vinegar**
- ☐ a small **basil or parsley leaf**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Crustacea. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the shrimp, keeping the shells (pull the tails off or leave them on, as you like). 0:09
2. Put the shells in a saucepan with the water, pepper flakes, herbes de Provence, white vinegar and onion. Boil for about 5 minutes to make a flavourful liquid, then strain it, pressing on the shells, and return the liquid to the pan. 0:36
3. For the sauce, stir together the ketchup, sriracha, horseradish and rice vinegar. 1:18
4. Add the shrimp to the strained liquid and bring just to the boil, then turn off the heat and leave the shrimp to cool in the liquid. 2:24
5. Spoon a little sauce with some of the cooking liquid into two small glasses or bowls, hang 4 shrimp around the rim of each, and garnish with a basil or parsley leaf. 2:43

> **Tip** Cooling the shrimp in the shell broth makes them far tastier than plain boiled shrimp. Italian seasoning can replace the herbes de Provence. Use less ketchup for an even lighter sauce.

The method is a summary in our words — the video shows every step.

One portion (4 shrimp with sauce) gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
103 kcal 430 kJ	19 g 38% of a day	6.9 g 6.7 g net · 5.2 g sugars 3% of a day

FIBRE	FAT	SODIUM
0.3 g 1% of a day	0.3 g 0.1 g saturated 0% of a day	350 mg 15% of a day

Energy from net carbs 25% · protein 72% · fat 3% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Selenium 70% · Vitamin B12 55%

Source of (10–19%) Omega-3 15% · Zinc 12% · Vitamin B6 10%

Recipe and video: KQED (@kqed) on YouTube — youtube.com/watch?v=_VGDJzvptfs, published 21 February 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jacques-pepin-shrimp-cocktail