

Shrimp Cocktail



PREP TIME:
5 MINUTES

COOK TIME:
10 MINUTES

TOTAL TIME:
15 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Shrimp Ingredients:

- 1 Pound Frozen or Fresh Wild Caught Jumbo Size Shrimp (*Preferably Peeled & Deveined*)
- Large Pot of Boiling Hot Water
- Plenty of Ice
- 1 Lemon Cut Into About 6 Wedges

Cocktail Sauce Ingredients:

- ¼ Cup Organic Ketchup
- 2 TBSP Horseradish
- 1 Teaspoon Fresh Squeezed Lemon Juice
- ½ Teaspoon Worcestershire – Gluten Free

Instructions:

1. If shrimp are frozen, place in colander in sink so thaw out. Can run cold water over them to speed up the process.
2. **If not peeled/deveined – here is what you do:** Peel off shell – start at bottom and peel off entire shell. Butterfly the shrimp with the fat part facing up (where feet were). At the ½ inch mark, cut down about 1 ½ inches down center.
3. **In a large bowl, add about 3-4 cups of ice.** Fill bowl about half-way with water. Set aside.
4. Place all shrimp in rolling boiling water. Allow to cook 2-3 minutes. They are done when opaque and pink. Drain immediately.
5. Plunge shrimp in ice cold water bath. Let sit for 1 minute and then lightly pat dry & place shrimp on ice. Cover & refrigerate for a few hours to ensure they are cold.
6. **For cocktail sauce:** Mix cocktail sauce ingredients in a small bowl until combined. Serve with lemon wedges.
7. Consider doubling recipe for larger event.

***Try and use all organic ingredients if possible.**