

Klare Brühe mit Shrimp und Okra

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Typ: Japanisch

Quelle: Consumers Guide

Bemerkungen:

Zutaten: Makes 4 servings

4 large or 8 medium shrimp, in Shells
2 pods okra
1 piece (1-inch or 2.5-cm square) lemon rind
2 cups (500 mL) water
1 1/4 teaspoons (6 mL) salt
1 quart (1 L) dashi
1 teaspoon (5 mL) light soy sauce

Rezept:

1. Shell each shrimp, leaving tail and section of shell nearest tail attached. Remove vein from each shrimp by inserting wooden pick under vein and lifting up gently.
2. Cut okra crosswise into 3-mm thick slices. Cut lemon rind into 2-mm wide strips.
3. Combine water and 1 1/4 teaspoon (1 mL) salt in 1.5-L saucepan; heat until water simmers. Add shrimp; reduce heat to low. Simmer until shrimp are opaque and cooked through, about 3 minutes. Drain shrimp.
4. Combine dashi and remaining 1 teaspoon (5 mL) salt in 1 1/2-quart (1.5-L) saucepan; heat to boiling over medium-high heat, stir-ring until salt dissolves. Add soy sauce and okra to dashi; remove from heat.
5. Place 1 large or 2 medium shrimp in each of 4 soup bowls; ladle about 1 cup (250 mL) soup over shrimp in each bowl. Sprinkle lemon Strips over each serving.