

Shrimp in a Spicy Tomato Sauce

Category: Indian

Servings: 4

Rating: 10

Source: Chatelaine Feb 2003

Description:

This would serve 4 generously as a first course or as part of an Indian meal. It is delicious.

Ingredients:

shrimp	500g, peeled, deveined, large
vegetable oil	2 tsp
cumin seeds	1 tsp
fennel seeds	1 tsp
garlic	2 cloves, coarsely chopped
onion	1 small, coarsely chopped
fresh ginger	2 Tbsp, minced
cayenne pepper	1 tsp
turmeric	1/2 tsp
chili flakes	1/2 tsp (optional)
plum tomatoes	4 (canned or fresh) coarsely chopped
avocado	1 (optional but good)
cilantro	1/2 cup, coarsely chopped, fresh

Instructions:

1. If using frozen shrimp, remove ice crystals but do not thaw. Pat shrimp dry with paper towels. Heat oil in a large, wide frying pan, preferably non-stick, set over medium heat. When hot, add cumin and fennel seeds. Stir often until fragrant, about 2 minutes. Add garlic, onion and ginger. Sprinkle with seasonings. Stir often until onion starts to soften, about 4 minutes. Meanwhile, chop tomatoes. Increase heat to med-high. Add tomatoes. Stir often until softened, about 4 to 5 minutes. Pour in 3/4 cup of water. Reduce heat to med-low and simmer, stirring occasionally, 2 minutes. Remove from heat . Pour sauce into a food processor and puree until as smooth as possible, scraping down sides as necessary. If making ahead, cool sauce, then cover and refrigerate up to 3 days.
2. Return sauce to frying pan set over med-high heat. When hot, add shrimp. Stir frequently till shrimp are coral colored and cooked through, about 5 minutes. Meanwhile, if using avocado, peel and slice it in half lengthwise. Slice avocado into long thin strips or dice it. Sprinkle with salt if you like. Remove shrimp from heat; stir in cilantro.

Serve over rice and garnish with avocado.