

CAFE THOMPSON RECIPE



CAJUN BLACKENED SHRIMP

Cajun blackened shrimp refers to shrimp coated in a Cajun spice blend and cooked using a technique called blackening, which involves searing the shrimp in a very hot pan, resulting in a dark, crispy crust outside while keeping the shrimp tender inside.

SERVES 6

INGREDIENTS

- 1/3 cup, 2 teaspoons oil, canola
- 2 tablespoons seasoning, Cajun
- 1 pound, 8 ounces shrimp, 71/90, P&D, tail off, raw, frozen

DIRECTIONS

Preheat a large sauté pan.

Toss the shrimp in the oil and dust the shrimp with the Cajun seasoning.

Sauté the shrimp until just cooked through, about 2 minutes.

Hold hot for service.

Side dishes

Steamed Rice

Tomato Salsa

