

Persian Gulf-Style Shrimp with Herbs and Tamarind

Makes 4 servings
Preparation time: 25 minutes
Cooking time: 45 minutes

میگو با تره‌سبز

Ghalieh maygu

VEGETARIAN VARIATION

Replace the shrimp with 2 cups raw cashew nuts. Just before serving, dust the cashews with the dusting mixture and sauté in oil and butter until golden. Add them to the tamarind sauce in step 4.

NOTE

Store-bought tamarind paste is very sour and concentrated. I prefer to use homemade tamarind paste (see page 535 for making homemade tamarind paste).

TAMARIND SAUCE

2 tablespoons oil
½ cup chopped fresh spring onions
6 cloves garlic, peeled and sliced
3 cups fresh chopped cilantro
1 cup fresh chopped parsley
1 tablespoon dried or 1 cup fresh chopped fenugreek
1 teaspoon sea salt
½ teaspoon freshly ground pepper
½ teaspoon turmeric
1 teaspoon ground coriander
½ teaspoon red pepper flakes
1 tablespoon flour
½ cup homemade tamarind paste, or 2 tablespoons commercial

1 teaspoon grape molasses or brown sugar
2 cups fish stock or water

DUSTING

1 tablespoon flour
½ teaspoon red pepper flakes
½ teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon cinnamon
¼ teaspoon ground cloves
1 teaspoon sea salt
½ teaspoon freshly ground pepper

SHRIMP

1 tablespoon oil
1 tablespoon butter
1½ pounds raw shrimp, butterflied

1. Heat 2 tablespoons oil in a medium-sized sauté pan and sauté the spring onions and garlic over medium heat, until translucent. Add cilantro, parsley, and fenugreek, and sauté 2 minutes longer.

2. Add the salt, pepper, turmeric, coriander, red pepper flakes, and flour, and sauté for 1 minute. Add the tamarind paste, grape molasses, and fish stock. Stir well and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Adjust seasoning to taste. Keep warm.

3. In a bowl, mix together all the dusting ingredients. Dust all sides of the shrimps and set aside.

4. Just before serving, in a large skillet, heat the oil and butter over medium-high heat until *very hot* and sauté the shrimp on both sides, shaking the pan, for a few minutes until they change color. Be careful not to overcook—shrimp loses its tenderness when overcooked. Add to the tamarind sauce.

5. Serve with *chelow* (saffron-flavored steamed rice). *Nush-e Jan!*

VARIATION

Fish Khoresh (*Ghalieh-ye mahi*)—Replace the shrimp with fish fillets. In step 3 use 2 pounds of firm white fish fillets (rockfish or catfish) cut into 3-inch lengths. Proceed with step 4, searing both sides of the fillets. Add to the sauce just before serving.

Caspian Fish Khoresh (*Khoresh-e anar avij*)—Replace the tamarind paste with 2 tablespoons pomegranate molasses or bitter orange paste.

