

TheRecipeWorks - Poached Shrimp

Poached Shrimp

Serves: 4

20 pieces shrimp, peeled and deveined
4 cups water
1 Tbsp fennel seeds
2 peices Star anise
2 Tbsps coarse sea salt
2 cinnamon sticks
2 Tbsps whole black peppercorns
1 Tbsp mustard seeds
2 Tbsp cumin seeds

Combine everything, except shrimp, in a saucepan. Bring to a boil. Reduce heat to a simmer and cook an additional 5 minutes.

In the meantime, have about 4 cups ice water on standby. Add the shrimp. Keep the water at a simmer. Cook for about 3 minutes, or until the shrimp is pink and just cooked through. Immediately remove the shrimp and plunge into awaiting ice water. Discard the poaching liquid.

Keep the shrimp in the water until completely cooled down. Remove and keep aside, refrigerated until ready to use.