

Betty's Hot and Spicy Cajun Shrimp Saute Recipe



Uploaded on 6 Feb 2009

In this video, Betty demonstrates a Cajun-style shrimp saute. It is quick and easy to make and has loads of flavor.

Ingredients:

10 oz. frozen cleaned uncooked shrimp
1/2 teaspoon of garlic salt
hot sauce (Louisiana-style)
1/2 tablespoon of extra virgin olive oil

Thaw the shrimp in its original freezer bag. When thawed, drain it through a colander to let excess water go into the sink. Now place the shrimp on a plate, sprinkle well with garlic salt and Louisiana hot sauce. Cover with cellophane and refrigerate for 4 hours. In a skillet heat 1/2 tablespoon of olive oil until hot, but not smoking. Add the shrimp, but don't allow a lot of the marinade into the skillet. The shrimp will cook very quickly. Turn each shrimp once, when it changes from translucent to opaque. When cooked on both sides, remove to a plate that has paper toweling on top to drain the shrimp. Move the shrimp to a serving dish. Serve while hot! Don't skimp on the hot sauce!!!