

# Fennel & Fire

## SUPER SIMPLE SHRIMP ROLL

This super simple shrimp roll is a perfect summer meal. I usually off-heat poach the shrimp the day before and store the shrimp covered in the refrigerator overnight.



### Step 2:

#### Eyeball method:

Finely chop two celery sticks and about 1/2 a red pepper (I've also used finely chopped peeled zucchini). The key is to chop it finely. Add the vegetables with about 1/4 cup mayo, about 3-4 Tbsp of sour cream, zest of one lemon, about 1 tsp of lemon juice, and about 1 Tbsp of Fennel and Fire Tuna Chick seasoning. Chop the shrimp into bite-size. Add to bowl. Gently mix them together. Taste and add more Tuna Chick if needed. Serve on a soft bun with a side of potato chips.

Notes: You can replace the shrimp with lobster or crabmeat.

Step 1.) Best done the day before. Off-heat poach the shrimp ( I call it 4-3-3-3-4-4 shrimp): In a pot, add 4 cups of water, 3 Tbsp of white wine vinegar (or whatever vinegar you have in the cabinet), 3 Tbsp of Salt, and 3 Tbsp of Sugar. Bring liquid to a boil, remove from the heat, and let the liquid sit covered for 4 min. Add shrimp to the water for 4 min or until cooked through. Remove shrimp from the water and let cool. Once the shrimp has cooled, place it in an airtight container in the fridge.



Excite Your Taste Buds, naturally!

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