

"A la nage" is a French term meaning "swimming," and refers to dishes with a large proportion of liquid – sort of a cross between a soup and a stew. The secret to this dish is the shrimp stock made from the shells, so be sure to buy shrimp with the shells on.

Shrimp a la Nage

1 Tbs (15 ml) extra-virgin olive oil
1 1/2 lbs (675 g) large shrimp, peeled and deveined, shells reserved
2 shallots, finely chopped
2 Tbs (30 ml) brandy
2 cups (500 ml) chicken stock
4 cups (1 L) water
10 whole black peppercorns
2 Tbs (30 ml) finely chopped fresh ginger
1/2 tsp (2 ml) ground coriander
1 medium leek, white part only, cut into fine strips (julienne)
1 medium carrot, cut into fine strips (julienne)
1 small zucchini (courgette), cut into fine strips (julienne)
1/2 lb (225 g) fresh spinach leaves, cut into fine strips (julienne)
Chopped fresh chives for garnish

Heat the oil in a large pot over moderate heat and saute the shrimp shells and scallions until the shells are bright pink and the shallots are tender but not brown, about 10 minutes. Add the brandy and cook for 1 minute. Add the chicken broth, water, peppercorns, ginger, and coriander and bring to a boil. Lower the heat and simmer covered for 45 minutes. Strain the stock through a fine-mesh strainer or through two layers of cheesecloth (muslin) and return to the pot. Bring the stock to a simmer over moderate heat and add the shrimp, leek, carrot, and zucchini. Simmer just until the shrimp turn pink and begin to curl, about 3 minutes. Meanwhile, divide the julienned spinach between 4 to 6 soup bowls. Arrange the shrimp over the spinach and ladle the remaining stock and vegetables over the shrimp. Garnish with chopped chives. Serves 4 to 6.

Bon appetit from the Chef at World Wide Recipes