

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Shrimps with Feta Cheese

a classic Greek dish that is simple, fast and utterly moreish!



Ingredients – serves 4 people

1 lrg onion (sliced thinly)
4 Tbsp olive oil
3 - 4 lrg fresh tomatoes (stalk removed,
blitzed in a food processor)
1.5 cups vegetable stock
1.5 Tbsp dried oregano
600 gram shrimps (peeled, deveined)

200 gram feta cheese (crumbled)

handful parsley leaves (washed and roughly
chopped)

garnish

1 each lemon (washed, and cut into ¼)
Crusty bread or baguette to serve

Method

Heat a large pan/skillet over a moderate heat then add the oil.
Add the onion and toss to coat in the oil.

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Sauté over a moderate heat until soft but not coloured– approx. 3-4 minutes.

Increase the heat slightly and add the blitzed tomatoes.

Cook until most of the liquid has evaporated/reduced then add the veg stock and oregano and mix.

Bring to the boil then reduce to a gentle boil, season lightly with the pepper.

Add the shrimps and ensure they are all submerged in the sauce.

Cook until the shrimps are pink all over then add most of the crumbled feta cheese.

Stir and cook for a further 2 minutes or until the feta is starting to melt.

Turn the heat off and sprinkle over the remaining feta cheese and chopped parsley.

Taste and add more pepper if required.

.Serve family style with lemon wedges and a basket/board of crusty bread.

Notes from the chef:

A classic Greek recipe which relies upon the ripeness and flavour of the fresh tomatoes. If the tomatoes you have are not so strong, add 1 teaspoon of tomato paste when blitzing the tomatoes in the food processor

I use tail on shrimps as I think they are aesthetically pleasing and the tail shell adds flavour but you can remove the tail by simply pulling and twisting gently.

It is important the shrimps are deveined – this is the removal of the stomach tract which is clearly visible as a dark line/tube along the back of the shrimp. Most shrimps are sold deveined but check through yours before cooking.

Use proper feta cheese, not the processed creamy white cheese often sold as feta. The flavour of proper feta cheese means no salt is needed in the recipe and it also takes slightly longer to melt.

Do not boil the sauce once the shrimps are added or wait to add the feta once they have turned pink or they can easily overcook and dry out.

This is a wonderfully simple dish that is perfect for a light dinner – you can serve with new potatoes and/or a simple green leaf herb salad if you wish to make it more substantial.

Tbsp - tablespoon

Tsp - teaspoon