

Garíthes Marinátes

(Greek Marinated Shrimp)

This dish can be served cold as an appetizer or grilled as a main dish.

Ingredients

1 lb. unpeeled prawns
3 cups water
2 bay leaves
2 sprigs of parsley
several peppercorns
salt

Utensils

measuring cup
cookpot
colander
large mixing bowl
wooden spoon
plastic wrap
serving bowl

Make the marinade (see recipe below). Bring the water to a boil in the cookpot on the stove over medium high heat. Add the bay leaves, parsley, peppercorns and salt, then add the prawns in their shells. Bring back to a boil, then reduce the heat to low. Cook the prawns for 2 to 3 minutes or until they are light pink. Drain the prawns in a colander then shell and devein them. Place the prawns in the mixing bowl and pour the marinade over them. Stir well and cover with plastic wrap. Place in the refrigerator overnight. Stir once or twice. If grilling, grill the prawns for 2 to 3 minutes, just long enough to heat them. Marinated prawns should be made in advance of the meal.

For the Marinade

Ingredients

1 large onion
2 garlic cloves
3/4 cup lemon juice
1/3 cup olive oil
1/4 cup white wine
1 bay leaf
1 Tbs. parsley
1 Tbs. oregano
1 Tbs. dried mint leaves
salt
black pepper

Utensils

knife and cutting board
measuring cup
measuring spoons
lemon reamer
mixing bowl

This dish is seasoned to taste. Peel and finely chop the onion. Peel and mince the garlic. Juice the lemon. Combine all the ingredients for the marinade in the mixing bowl and pour over the shelled prawns.

