

San Pedro Fish Market Shrimp

Going to the San Pedro Wharf in Los Angeles Harbor is quite an experience. The old time San Pedro Fish Market has been a weekend gathering place for families for years. Right on the water, you can watch this working harbor in action as you enjoy its famous Shrimp Tray. The Fish Market has a lot of menu options, but the Shrimp Tray is historic. In my version, I've added shrimp stock to make it saucy. Enjoy this celebratory meal any time. Order the Savory Seasoning Spice mix online or use another version you may have in your pantry. I make my own shrimp/lobster stock with the shells, an onion, carrot and celery stalk boiled and simmer for ½ hour, strained, then freeze.

2	Tablespoons	canola oil	2	cups	shrimp or lobster stock
1		onion, sliced thin	1	pound	shrimp (size 21-30), peeled, deveined
2		bell peppers, sliced	½	teaspoon	salt and pepper to taste
1	Tablespoon	butter	Garlic Bread		
½	pound	small baby potatoes (cut in half)	4	slices	french bread
3	plum	tomatoes, cut in eighths	1	Tablespoons	butter
1	Tablespoon	fresh oregano leaves or 1 teaspoon dried	1	Tablespoons	olive oil
2	Tablespoons	chili seasoning mix (from San Pedro Fish Market or other)	2	cloves	garlic cloves, minced
2	cups	broccoli florets (optional)	1	Tablespoon	fresh oregano leaves, finely chopped (or basil)

- 1 In a large skillet, fry the onion in canola oil and the peppers in butter on medium-low heat until wilted and starting to brown, about 8-10 minutes.
- 2 Add in potatoes, tomato, shrimp stock and the seasoning. Cook until the potatoes are soft when pierced with a fork. Halfway through, add optional broccoli florets.
- 3 While everything is cooking, make the garlic bread. Melt the butter and olive oil in a small pan. Add the minced garlic and oregano and watch it sizzle. Remove from heat immediately. Dip the french bread into the butter garlic mixture. Place in a 350° oven for 5-10 minutes or until the top is golden brown.
- 4 Just before serving, add shrimp and cook for 4-5 minutes or just until the shrimp have turned pink. Taste and season with salt and pepper.
- 5 Serve in bowls with the juices and the crusty garlic bread.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Total Time: 35 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 509 calories, 182 calories from fat, 20.6g total fat, 188.8mg cholesterol, 1213.7mg sodium, 1235.2mg potassium, 47.8g carbohydrates, 6.7g fiber, 8.4g sugar, 34.8g protein.

Source

Author: Patricia K. Rose, August 2020

Source: San Pedro Fish Market

