

Veasey & Sons Fishmongers

Brown Shrimp and Samphire Risotto

About the Ingredients

Small, flavour-packed Brown Shrimps are the main ingredient of the classic dish of potted shrimps. In Britain, brown shrimps are best found in the tidal sands of Morecombe Bay and North Norfolk. Adults are typically 30–50 millimetres (1.2–2.0 in) long, although individuals up to 90 mm (3.5 in) have been recorded.

Originally "sampiere", a corruption of the French "Saint Pierre", samphire was named for the patron saint of fishermen because all of the original plants with its name grow in rocky salt-sprayed regions along the sea coast of northern Europe or in its coastal marsh areas. This is probably the species mentioned by Shakespeare in King Lear.

Ingredients

- 250g peeled Brown Shrimps
- 150g samphire, washed
- 25g unsalted butter
- 1200ml fish stock
- 2 shallots, finely chopped
- 1 garlic clove, finely chopped
- 350g/12oz risotto rice
- 120ml/4fl oz dry white wine
- 25g/1oz parmesan cheese, freshly grated
- salt and freshly ground black pepper

Method

- Break off and discard the woody ends (if any) of the samphire and break the rest into 2.5cm/1in pieces.
- Melt the butter in a large saucepan. Add the shallots and garlic and cook gently for a couple of minutes. Add the rice and turn it over until all the grains are coated in the butter. Pour in the wine and simmer, stirring constantly, until it has been absorbed.
- Then add a ladleful of hot stock and stir until it has all been taken up before adding another. Continue like this for about 20 minutes, stirring constantly, until all the stock has been used and the rice is tender but still a little al dente.
- Drop 2 thirds of the samphire into the rice along with the last ladle of stock. Stir the shrimps, parmesan cheese and some seasoning into the risotto. Divide the risotto between 4 warmed bowls and serve garnished with the rest of the samphire.

Wine Recommendation - Wine Discoveries

Bodegas Franco Españolas Royal Rioja 2012 Rose

Bodegas Franco-Espanolas: A large Bodegas based in Logrono, the capital of the Rioja region. The Bodegas uses American oak wine presses and ages its wines in American oak casks.

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