



## CAMARONES TEJANOS EN ESCABECHE



Recipe created by Michael Flores ©2009 by Mis En Place, LLC For more on Michael, his products, & catering log on to [www.CookwithMichael.com](http://www.CookwithMichael.com)

### Ingredients:

- 3 cups water
- 11 ounces (nt.wt.) green beans, thinly sliced from top to bottom
- 11 ounces (nt.wt.) carrots, thinly sliced
- 3 tablespoons kosher salt
- 2 tablespoons sugar
- 2 tablespoons avocado oil
- 1 white onion, sliced thin
- 10 cloves of garlic, sliced thin
- 5 bay leaves
- 1 teaspoon each kosher salt and freshly ground black pepper
- 5 pickled serrano chiles, stems removed, thinly sliced from top to bottom

Brought to you by San Antonio Herb Market Association  
[www.sanantonioherbmarket.org](http://www.sanantonioherbmarket.org)



## CAMARONES TEJANOS EN ESCABECHE



### Ingredients Continued:

1 pound Texas shrimp, peeled and deveined

1/4 cup vinegar

Mexican oregano

Bring the water to a boil in a deep saucepan. Once boiling add the green beans, carrots, salt and sugar; boil for 3 minutes.

When the three minutes are up drain the veggies in a colander and set aside.

Saute the sliced onion in the avocado oil for 4-5 minutes, or until they become translucent. Stir in the boiled green beans and carrots, garlic, bay leaves, salt and pepper; continue cooking for 1 minute. Add the shrimp and serrano chiles and continue to sauté for about 3 minutes, just until the shrimp turns pink. Add the vinegar and turn off the heat; sprinkle with the oregano and cover. Once the mixture has cooled, place in the refrigerator until ready to serve.