

Seasonal Eating



Curried Shrimp with Spaghetti Squash

1 medium spaghetti squash
Kosher salt
1 tablespoon minced fresh garlic
1 tablespoon minced, peeled fresh ginger root
1 tablespoon low sodium soy sauce
4 teaspoons curry powder
1/8 teaspoon cayenne pepper
1/8 teaspoon ground cumin
2 tablespoons vegetable oil, divided
20 large, peeled and deveined shrimp
1 cup chicken broth
1/2 teaspoon low sodium soy sauce
4 teaspoons white wine

In a plastic zip top bag combine garlic, ginger, soy sauce, curry powder, cayenne, cumin and 1 tablespoon of the oil. Add the shrimp and squeeze to coat with the marinade. Squeeze all of the air out of the bag, seal and refrigerate for 1 hour. Cut the stem off the spaghetti squash. Cut in half lengthwise. Scoop out the seeds and inner fibers with a metal spoon. Sprinkle insides of squash halves with a little kosher salt. Place cut side down on a silpat or parchment lined baking sheet and pierce skin with a knife several times to let steam out. Bake at 350 degrees for about 45 –60 minutes or until the skin can be pierced easily with a knife. Let cool. When cool enough to handle, use a fork to scrape down the inside of the squash to release the strands of flesh into a bowl. Heat remaining tablespoon of oil in a large skillet. Add shrimp and spread into a single layer. Cook for 30 seconds and then turn over and cook until just opaque. Remove with a slotted spoon to a bowl. Add the squash to the pan and stir to coat with remaining oil in the pan. Add the chicken broth, soy sauce and wine. Cook over high heat until most of the liquid is evaporated, stirring frequently. Spoon squash onto four plates and top with shrimp.