

Sweet pepper croustade with shrimp

CUISIMAGES

Ref :
1201

Type :
Hot
Starter

Preparation :
30 min
Rest : 2 H

Cooking:
20 min

Cost :


Difficulty:


Origin:




For 4 persons

- 1 red pepper
- 1 green pepper
- 1 onion
- 2 cloves of garlic
- 1 basil bouquet
- 6 + 4 tablespoons of olive oil
- Salt and pepper
- 1 flaky pastry
- 1 egg
- 8 shrimps



Peel and mince garlic.
Wash and mince basil too.

Mix these ingredients in a bowl and add 6 tablespoons of olive oil, salt, pepper. Mix well and let soak at least 2 hours.



Wash peppers and cut them in thin sheet lengthwise. Peel onion and cut it in fine slices.

Cook them gently in a frying pan in the remaining olive oil, for 30 min, while stirring regularly with a wooden spatula. (Add water if necessary).



Cut 4 circles in the flaky pastry.

Form a small sweet pepper mound in the centre of each pastry circle. Leave 1 cm border in order to brush over the pastry with the egg yolk.



Filter the basil/garlic and distribute it on the top of sweet peppers. (Keep the marinade).

Bake for 15 to 20 min at 200°C in the oven.

During this time, peel shrimp.



Notch with a knife the back of shrimp; so that they will be open during cooking.

Cook shrimp 3 min on each side in a frying pan, using the oil of the marinade.



The edges of the croustades must be puffed and browned.

Present the sweet peppers croustade accompanied by shrimps.



Recommandation
Variante
Wine

Pouilly Fumé