

# Shrimp, Scallops & Calamari in Coconut Lime Sauce

adapted slight from Phillis Carey, instructor and cookbook author



A really easy and tasty soup you can make in about 30-40 minutes. Serve with white jasmine rice.

- 1/2 cup unsalted butter
- 3/4 pound large shrimp, shelled, deveined
- 3/4 pound bay scallops
- 3/4 pound calamari
- 4 tablespoons flour, might need slightly more
- 2 small serrano peppers, sliced in rounds \*
- 3 cloves garlic, minced
- 1 large onion, cut in strips lengthwise
- 2 dashes Worcestershire sauce, or Vietnamese fish sauce
- 2 pinches cayenne, optional (be very careful not to add too much)
- Salt to taste
- 14 ounces coconut milk, full fat
- 3 tablespoons fresh lime juice
- 2 tablespoons light brown sugar
- 20 thin slices each red, orange and yellow bell pepper
- 1/2 cup cilantro, chopped (reserve a bit for garnish)
- 1/4 cup fresh mint, chopped (reserve a bit for garnish)
- Cooked jasmine rice

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

## Servings: 8

The rice is not included in the calorie count of this recipe. If available, you can use Trader Joe's "Seafood Blend" (drained) in place of the individual types of shellfish. If you're sensitive to heat, reduce the serrano chiles and cayenne pepper. Phillis likes this sweeter, so she uses more brown sugar (not my preference).

1. Lightly dust the scallops, calamari and shrimp in flour.
2. Place butter in a small Dutch Oven and heat to medium high. Do not brown the butter. Add onions, chiles and garlic to the butter and toss and cook for one minute. Add seafood and turn the heat down to medium. Stir, coating seafood with butter.
3. Add Worcestershire, cayenne and salt. Stir again. Cook gently until the fish is done.
4. Mix coconut milk with lime juice and brown sugar. Taste and add more lime juice or sugar if you prefer. Add liquid to the skillet. Bring to a boil and add cilantro and mint just before serving. If sauce is too thin for your liking, remove all the seafood and keep warm. Boil the sauce down until it has thickened sufficiently. If mixture is too thick just add water to make it the right consistency. Add bell pepper slivers during last 3-4 minutes of cooking. Serve over rice. Ideal serving: place mound of rice in center and spoon the seafood sauce around the outside. Garnish with cilantro and mint.

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Per Serving (excluding unknown items): 376 Calories; 25g Fat (59.3% calories from fat); 25g Protein; 14g Carbohydrate; 2g Dietary Fiber; 209mg Cholesterol; 167mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.