



Harissa Shrimp with Coconut Rice

By Chef Veera Gaul, Ph.D.



Ingredients for Shrimp

1 lb medium to large shrimp
1-2 teaspoons Harissa Spice mix * (based on taste and level of heat desired)
1-2 teaspoons garlic powder
½ teaspoon onion powder
Chopped lemon zest (from half a lemon)
2 tablespoon Single Estate Extra Virgin Olive Oil (EVOO), plus additional for sautéing
Lemon wedges to serve

Preparation of Shrimp

Mix the harissa, garlic and onion powders together in a large bowl, add the lemon zest and EVOO and mix well. Add the shrimp and toss to coat the shrimp, add a little additional oil if needed. Leave for 10 minutes

Heat additional 2-3 tablespoons of EVOO in a large skillet. Add the shrimp in one layer (not overlapping or piled on each other, you may need to do this in a couple of batches depending on the size of your skillet). Cook for 2 minutes, and flip. Cook for an additional 2 minutes until shrimp are curled and cooked through

Serve with coconut rice and lemon wedges.

Serves 4

Notes

*Making Harissa Spice Mix

½ cup dried chilies, chopped

2 tablespoons O&V [Smoked Paprika](#)
2 tablespoons cumin seeds
2 tablespoons coriander seeds
1 tablespoon garlic powder
1 tablespoon kosher salt

Toast the cumin and coriander seeds in a dry pan over low to medium heat until fragrant.

Remove from the heat and using a mortar and pestle, grind into a powder with the dried chilies. Add the remaining ingredients, mix thoroughly and store in an airtight container

You can buy also Harissa spice mix at many grocery stores, I personally love the version at [Spice and Tea Exchange](#). Visit our friends at our local Greenville SC store and let them know Chef Veera sent you!

Ingredients for Coconut Rice

2 tablespoons Single Estate Olive Oil
1 cup rice
1 cup light coconut milk*
1 cup water
1 clove of garlic, minced

Preparation of Coconut Rice

Rinse the rice until the water runs clear. Drain well and pat with a paper towel to remove excess water.

Heat the oil in a medium saucepan. Add the rice and minced garlic. Sauté till fragrant, about 2 minutes.

Add the water, and coconut milk and stir. Bring to boil, cover, and reduce the heat to low. Simmer until the rice is cooked, and liquid absorbed – about 18-20 minutes.

Serve hot with a garnish of cilantro leaves.

Serves 3-4

Notes

* Regular coconut milk tastes amazing and rich in this recipe, but I like to use light coconut milk. It provides all the flavor without an oily residue but primarily I like it for the nutritional values – regular coconut milk has more than double the amount of fat and more saturated fats than the light version.

Categories: Entrees, Seafood, Gluten-Free, Dairy-Free, Shrimp, Harissa, Paprika, Coconut, Rice, Coconut Milk. Thai