

INSALATA di RISO e GAMBERETTI

RICE AND SHRIMP SALAD

4 cups long grain rice
Salt
6 oz extra virgin olive oil
2 1/2 lb medium shrimp with shells (best are bags of frozen wild caught gulf coast)
5 tbsp white wine vinegar
2 large ripe firm tomatoes
2 large sweet yellow bell peppers
2 medium cucumbers
5 tbsp small capers
Ground black pepper
Sprigs of parsley

Pour rice into large pot of boiling salted water bring back to a boil and cook at a low boil till tender about 12 minutes. Cook in plenty of water like you would pasta. Drain and put in large serving bowl with 3 tbsp olive oil and toss.

Bring a large pot of water to a boil add 1 tbsp salt and the vinegar add the shrimp return to a boil and boil for 1 minute. Remove pot from fire and let sit for 15 minutes.

Quarter tomatoes, discard seeds and cut into ½ inch cubes.

Cut bell peppers into ½ in cubes discarding stems, seeds and core.

Split cucumbers and scoop out seeds and cut into ½ inch cubes.

Shell shrimp and split in half lengthwise.

To the bowl containing rice add the shrimp, tomato, pepper, cucumber and capers toss thoroughly with remaining olive oil and refrigerate.

Just before serving add salt and grindings of pepper to taste and toss again, and decorate with sprigs of parsley.