

Crevettes à la Provençale
Shrimp in a Garlic-Tomato Sauce

This flavorful recipe is fast and easy. Shrimp are sautéed and then added to a *sauce provençale* made with ingredients typical of the south of France: tomatoes, garlic, and olive oil. Traditionally this sauce is covered and cooked slowly. I use high heat instead to cook it rapidly, and have also reduced the quantity of olive oil used to about half. The recipe serves four as a main course with rice pilaf or six as a first course.

Serves 4 or 6

4 tablespoons olive oil, extra-virgin if available

2 pounds tomatoes, peeled, seeded, and diced or 4 pounds canned tomatoes, drained and diced

3 garlic cloves, finely chopped

¼ teaspoon salt

1/8 teaspoon freshly ground pepper

6 sprigs parsley, chopped

1 ½ pounds shrimp, shelled and deveined

1. **Make the *sauce provençale*:** In a skillet, heat 2 tablespoons of the oil over high heat until it is smoking. Add the tomatoes. (Be careful; the hot oil may splatter) Toss or stir quickly. Add the garlic and cook until most of the liquid has evaporated, 3 to 5 minutes. Season with the salt and pepper, remove from the heat and stir in three-fourths of the chopped parsley. Pour the sauce into a bowl and set aside. (*The sauce can be made 1 day in advance. Cover and refrigerate.*)
2. In a skillet, heat the remaining 2 tablespoons oil over medium-high heat. Add the shrimp and sauté until they change color and begin to curl, 2 to 3 minutes.
3. Add the *sauce provençale* to the cooked shrimp and bring to a boil. Transfer the shrimp and sauce to a hot serving platter and sprinkle with the remaining chopped parsley.