

Shrimp Cocktail

2 quarts water
3 cups celery, diced
1 cup onion, chopped
2 lemons, quartered
2 cloves garlic, minced
6 bay leaves
3 tbsp. salt
1 tbsp. allspice, whole
2 tsp. cayenne pepper
3 pounds headless frozen or fresh shrimp, with shells still on

Bring water to boil in large kettle. Add all ingredients except shrimp. Simmer 15 minutes. Add shrimp; bring back to boil. Simmer 15 minutes, or until shell turns pink and shrimp is tender. Remove from heat. Let shrimp stand 20 minutes in shrimp boil; drain. Peel and devein shrimp. Serve on platter or individual dishes of cracked ice with cocktail sauce. Makes 6 servings.

Nutrition information per serving: calories 252; protein 47 grams; fat 5 grams; sodium 694 mg