

Perfect Poached Shrimp: Tender, Juicy & Flavorful Every Time

tender, succulent, and juicy bites



TIME
2-4 min

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INGREDIENTS

1 lb large or jumbo shrimp, peeled and deveined (fresh or frozen, thawed)
4-6 cups water or chicken/vegetable broth (enough to cover shrimp)
½ lemon, sliced
¼ cup white wine (optional)
2 cloves garlic, smashed (optional)
½ tsp black peppercorns (optional)
1 bay leaf (optional)
1 tsp salt

DIRECTIONS

1. Prepare the Poaching Liquid: In a large pot or deep skillet, combine the 4-6 cups water or broth (enough to fully submerge the shrimp). Add the ½ sliced lemon, ¼ cup white wine (optional), 2 smashed garlic cloves (optional), ½ teaspoon black peppercorns (optional), 1 bay leaf (optional), and 1 teaspoon salt. Bring the liquid to a gentle simmer over medium-high heat. You'll see small bubbles forming around the edges of the pot. Do not bring to a rolling boil.
2. Add Shrimp and Poach: Once the poaching liquid is simmering gently, add the 1 lb large or jumbo shrimp (peeled and deveined) to the pot. The shrimp will cook very quickly. Poach for only 2-4 minutes, stirring occasionally, until the shrimp turn pink, opaque, and curl into a loose "C" shape. Overcooked shrimp will be tough and curl into a tight "O" shape.
3. Remove from Heat and Cool: Immediately remove the pot from the heat. Using a slotted spoon, quickly transfer the cooked shrimp from the hot poaching liquid to a bowl of ice water (an ice bath). Let the shrimp cool in the ice bath for 2-3 minutes to stop the cooking process and maintain their tender texture.
4. Drain and Use: Drain the cooled shrimp from the ice bath. Pat them gently dry with paper towels. Your perfectly poached shrimp are now ready to be used in any recipe! Serve warm, chilled, or at room temperature.

SWAPS & NOTES

Shrimp: Use large or jumbo shrimp (21/25 count or larger) for the best results, as they are less prone to overcooking.

Ensure they are peeled and deveined.

If using frozen shrimp, thaw them completely in the refrigerator or under cold running water before poaching.

Liquid: Water is fine, but using chicken or vegetable broth (low-sodium recommended) adds another layer of flavor to the shrimp.

TIPS FOR SUCCESS

Don't Overcrowd the Pot: Poach shrimp in batches if necessary to maintain the liquid's temperature and ensure even cooking.

Gentle Simmer, Not a Boil: Poaching implies gentle cooking.

A rolling boil can toughen the shrimp.

Watch Closely: Shrimp cook very quickly.

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