“BORETO DE CANOCE”  
**INGREDIENTS: (for four people)**1 kg of mantis shrimp  
4 cloves of garlic  
4/5 olive oil spoons  
A pinch of salt  
Pepper   
¼ hot water  
2 flour spoons  
  
**PROCESS:**  
Put in a pan the oil, flour and garlic and mix everything. Now, remove the garlic and put the mantis shrimp, previously cleaned, and put salt and pepper in abundance. Cook all for about 5 minutes and add the hot water. Boil for 10 minutes. Serve it with white polenta and enjoy your mean!