

Grilled BBQ Style Shrimp



This lightened up, quick to prepare recipe takes inspiration from the New Orleans classic restaurant dish. We love to serve this with our Cheesy Cauliflower Grits for a Southern meal that satisfies.

YIELD 4 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Shrimp:

- 1 lb Shrimp, peeled and deveined
- 1 Tbsp Salt-Free Creole Seasoning (see separate recipe)
- ¼ tsp Kosher Salt
- 1/8 tsp Black Pepper
- 2 tsp Olive Oil

For the BBQ Style Sauce:

- 2 tsp Olive Oil
- 4 cloves Garlic, minced
- ¼ cup Clam Juice, bottled (see Chef's Note)
- ¼ cup Worcestershire Sauce
- 1 each Lemon, juiced
- 1 tsp Salt-Free Creole Seasoning (see separate recipe)
- 1 Tbsp Rosemary, fresh, chopped
- 3 Tbsp Butter, unsalted

CHEF'S NOTES

Traditionally, BBQ Shrimp is prepared with quite a lot of butter which gives the sauce a rich body and mouthfeel. Here, we've cut back on the butter to keep saturated fat in check while letting the hallmark flavors of Worcestershire and Creole seasoning shine. We also grill the shrimp to impart some smoky flavor and use a little bottled clam juice, which can be found in the canned seafood aisle, to add a briny, fresh ocean taste. You could also substitute fish or shrimp stock or cook head-on shrimp for a similar effect.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat grill to medium high-heat. Fill a shallow pan with water and soak wooden skewers for 20 minutes, or use metal skewers.
2. Prepare the shrimp: Add the peeled and deveined shrimp, Creole seasoning, salt, pepper, and olive oil to a medium bowl. Using clean hands or wearing gloves, toss the shrimp until evenly coated.
3. Thread the shrimp onto the skewers by piercing through each shrimp twice to create a "C" shape. Allow space between each shrimp and on either end of the skewers.
4. Once the grill is preheated, place the skewers on and allow them to cook until lightly charred and opaque throughout, flipping once, about 2-3 minutes per side. Remove and set aside.

5. Make the sauce: Heat a medium sauté pan over medium heat and once hot, add the oil and garlic, cooking just until fragrant, about 1 minute.
6. Add the clam juice, Worcestershire sauce, lemon juice, Creole seasoning, and rosemary, stirring to scrape the bottom of the pan. Allow the liquid to reduce slightly and thicken, about 2-3 minutes.
7. Add the butter and whisk to combine with the sauce. Remove from the heat and add the shrimp, tossing to coat in the sauce.

Nutrition Facts	
4 servings per container	
Serving Size	about 4 oz. shrimp (162 g)
Amount per serving	
Calories	240
% Daily Value *	
Total Fat 14g	18%
Saturated Fat 6g	29%
<i>Trans Fat 0g</i>	
Cholesterol 165mg	54%
Sodium 520mg	23%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 20g	39%
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.34mg	0%
Potassium 47mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

