

New Orleans 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 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
-----------------------------------	-----------------------------------	------------------------------------

INGREDIENTS

For the Shrimp:

- 1.5 lb Shrimp (16/20 or 21/30), 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 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.
2. 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. Heat a large sauté pan over medium-high heat. Once hot, add 2 teaspoons olive oil and swirl to evenly coat the pan.
4. Using tongs, add the seasoned shrimp in a single layer. Cook undisturbed, until lightly browned and starting to curl, about 1-2 minutes. Flip the shrimp to finish cooking on the other side, about 1-2 more minutes. Remove the cooked shrimp to a clean plate and set aside.
5. Without cleaning the pan, add the remaining 2 teaspoons of olive oil, then the garlic, cooking just until fragrant, about 30 seconds - 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 cooked shrimp, tossing to coat in the sauce. Serve immediately.

Nutrition Facts	
6 servings per container	
Serving Size	about 4 oz. shrimp (146 g)
Amount per serving	
Calories	200
	% Daily Value *
Total Fat 10g	13%
Saturated Fat 4g	19%
<i>Trans</i> Fat 0g	
Cholesterol 155mg	52%
Sodium 390mg	17%
Total Carbohydrate 4g	0%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 19g	39%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.23mg	0%
Potassium 31mg	0%

*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.

