



Charcoal Grilled Shrimp and Calamari with Grilled Lemons and Smoked Tomato-Black Olive Relish

READY IN



115 min.

SERVINGS



4

CALORIES



418 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings canola oil for grilling
- ☐ 4 servings dill fronds for garnish
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 servings parsley leaves fresh
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon honey

- ☐ 4 servings ice cubes
- ☐ 0.5 cup kalamata olives pitted coarsely chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 4 lemons halved
- ☐ 0.3 cup olive oil plus more for drizzling
- ☐ 0.5 cup greek olive oil extra-virgin
- ☐ 8 plum tomatoes cored halved
- ☐ 0.5 small onion red cut into small dice
- ☐ 1 tablespoon red wine vinegar
- ☐ 12 colossal shrimp shelled deveined per pound, tail on, and
- ☐ 12 small kalamari
- ☐ 12 small kalamari

Equipment

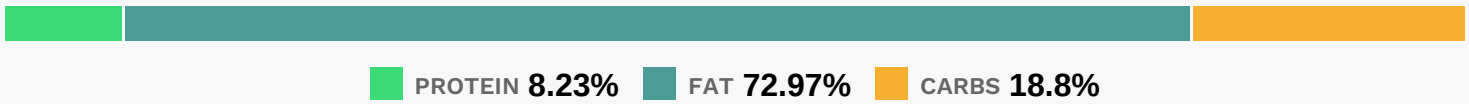
- ☐ bowl
- ☐ grill
- ☐ ice cube tray
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Handful hickory chips 6-inch wooden skewers, soaked in cold water at least 1 hour
- ☐ For the relish: Soak the hickory chips in water for at least 1 hour.
- ☐ Put a handful of hot coals in the bottom of a smoker. Scatter the hickory chips over the top. Put a try of ice on the bottom grate.

- ☐ Put the cooking grate above the ice tray. Once the temperature of the smoker reaches 100 degrees F, brush the tomatoes with canola oil, season with salt and pepper and put them on the top grate. Close the smoker and smoke the tomatoes for 10 to 20 minutes, depending how smoky you want them.
- ☐ Coarsely chop the tomatoes, place in a bowl and add the olive oil, olives, dill, lemon juice, parsley, vinegar, honey, onions and season with salt and pepper.
- ☐ Let the relish sit at room temperature until ready to use.
- ☐ For the seafood: Prepare a charcoal grill at least 30 minutes before cooking by lighting a chimney starter filled with hard wood and let burn until covered with gray ash.
- ☐ Toss the shrimp and calamari with the lemon juice, olive oil and garlic and let marinate for 15 minutes.
- ☐ Brush the cut side of each lemon half with canola oil and sprinkle with salt and pepper.
- ☐ Skewer the shrimp and kalamari tentacles onto different skewers.
- ☐ Sprinkle with salt and pepper. Grill the shrimp for about 2 minutes per side and the calamari tentacles for about 30 seconds per side.
- ☐ Put the calamari bodies directly on the grill and cook for about 15 seconds per side. Grill the lemons, cut-side down, until slightly charred.
- ☐ Remove to a platter.
- ☐ Arrange the skewers and bodies on a large platter. Top with the relish.
- ☐ Drizzle a little more olive oil over the top and squeeze a grilled lemon half over all.
- ☐ Garnish the platter with the remaining grilled lemons.

Nutrition Facts



Properties

Glycemic Index:74.69, Glycemic Load:4.49, Inflammation Score:-9, Nutrition Score:19.938695581063%

Flavonoids

Eriodictyol: 23.81mg, Eriodictyol: 23.81mg, Eriodictyol: 23.81mg, Eriodictyol: 23.81mg Hesperetin: 32.34mg, Hesperetin: 32.34mg, Hesperetin: 32.34mg, Hesperetin: 32.34mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 16.74mg, Apigenin: 16.74mg, Apigenin: 16.74mg, Apigenin: 16.74mg

Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg, Luteolin: 2.28mg Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg, Isorhamnetin: 2.01mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 418.15kcal (20.91%), Fat: 36.37g (55.95%), Saturated Fat: 4.12g (25.73%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 15.33g (5.57%), Sugar: 8.55g (9.5%), Cholesterol: 48.3mg (16.1%), Sodium: 318.28mg (13.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Vitamin K: 158.76µg (151.2%), Vitamin C: 95mg (115.15%), Vitamin E: 6.73mg (44.89%), Vitamin A: 2012.3IU (40.25%), Fiber: 5.76g (23.04%), Potassium: 646.26mg (18.46%), Manganese: 0.32mg (16%), Copper: 0.29mg (14.74%), Folate: 53.13µg (13.28%), Vitamin B6: 0.26mg (13.24%), Phosphorus: 128.74mg (12.87%), Iron: 2.13mg (11.86%), Magnesium: 44.14mg (11.03%), Calcium: 97.62mg (9.76%), Vitamin B1: 0.12mg (7.81%), Zinc: 0.87mg (5.82%), Vitamin B3: 1.09mg (5.44%), Vitamin B2: 0.07mg (4.3%), Vitamin B5: 0.42mg (4.2%), Selenium: 1.12µg (1.6%)