



Garlicky Doused Shrimp

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 medium bunch basil fresh
- ☐ 1 tablespoon basil leaves fresh finely chopped
- ☐ 1 tablespoon garlic minced
- ☐ 2 small garlic cloves minced
- ☐ 0.5 teaspoon ginger finely grated
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 18 servings pepper freshly ground

- ☐ 18 servings salt
- ☐ 1 medium shallots minced
- ☐ 1 pound shrimp deveined peeled (15 to 20 count)
- ☐ 1 tomatoes seeded cut into 1/4-inch dice
- ☐ 1 bell pepper yellow cored seeded cut into small dice
- ☐ 1 cup yogurt

Equipment

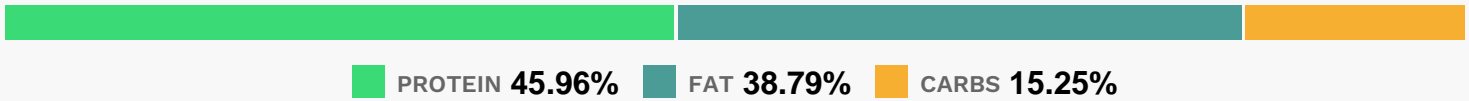
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ colander
- ☐ chefs knife
- ☐ pepper grinder

Directions

- ☐ Shrimp
- ☐ Bring 3 quarts of water and a pinch of salt to a boil over high heat in the saucepan.
- ☐ Add the shrimp, lower the heat to medium, and simmer uncovered for 1 minute.
- ☐ Drain the shrimp and cool them to room temperature.
- ☐ Marinade
- ☐ Combine the tomato, bell pepper, shallot, garlic, chopped basil, lemon juice, oil, salt, and black pepper in the bowl with a metal spoon.
- ☐ Add the cooled shrimp, toss well, and marinate in the refrigerator for 4 to 6 hours. (As the shrimp marinate, they get more garlicky.)
- ☐ Drain the shrimp, reseason with additional salt and black pepper, and arrange them in a flat basket or on a black rectangular or round serving tray.

- ☐ Place the whole basil leaves in the center of the platter and serve with Ginger Yogurt Dip.
- ☐ Ginger Yogurt Dip
- ☐ Combine the yogurt, lemon juice, ginger, and garlic in the bowl.
- ☐ Add the salt and pepper to taste.
- ☐ Whisk well until the mixture is smooth.
- ☐ Place in a small bowl and serve with the Garlicky Doused Shrimp.
- ☐ Sea scallops can be substituted for the shrimp.
- ☐ Heat 2 tablespoons of olive oil in a medium skillet over medium-high heat. Sear the scallops for 1 to 2 minutes on each side, until they are golden brown and opaque in the center when tested with the tip of a knife.
- ☐ Cut them in quarters and follow the instructions for the shrimp recipe.KITCHENWARE: chef's knife, medium saucepan, colander, large glass or stainless-steel bowl, pepper mill, metal spoon. For Dip: small bowl, whisk
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Bride & Groom's Menu Cookbook by Abigail Kirsch and Susan M. Greenberg Copyright (c) 2002 by Abigail Kirsch and Susan M. Greenberg Published by Broadway Books.Abigail Kirsch's renowned catering sites are located in Manhattan and Westchester County, and at the New York Botanical Garden. Trained at the Culinary Institute of America and Le Cordon Bleu, she is the past president of the New York and international chapters of Les Dames d'Escoffier. Susan M. Greenberg, her sister-in-law, is a professional freelance writer. Kirsch lives in Pound Ridge, New York, and Greenberg lives in Stamford, Connecticut. Together they also wrote The Bride and Groom's First Cookbook

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:2.830000018296%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 49.13kcal (2.46%), Fat: 2.17g (3.33%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.94g (1.05%), Cholesterol: 42.34mg (14.11%), Sodium: 230.89mg (10.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin C: 13.7mg (16.61%), Phosphorus: 72.62mg (7.26%), Copper: 0.12mg (5.91%), Vitamin K: 4µg (3.81%), Calcium: 37.52mg (3.75%), Potassium: 129.13mg (3.69%), Magnesium: 13.06mg (3.26%), Zinc: 0.46mg (3.08%), Manganese: 0.06mg (3.06%), Vitamin A: 113.61IU (2.27%), Vitamin E: 0.28mg (1.84%), Vitamin B6: 0.04mg (1.84%), Iron: 0.25mg (1.42%), Vitamin B2: 0.02mg (1.42%), Folate: 4.65µg (1.16%)