



## Grilled Shrimp with Black Bean Cakes and Coriander Sauce

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon apple cider vinegar
- 0.5 pound black beans rinsed
- 5 tablespoons butter softened
- 0.3 teaspoon ground pepper
- 0.3 teaspoon chili powder
- 2 tablespoons cilantro leaves chopped
- 1 tablespoon corn oil for frying plus more

- 1 sprigs cup heavy whipping cream sour
- 1 garlic clove minced
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 1 tablespoon honey
- 2 tablespoons olive oil
- 0.3 cup orange juice
- 0.5 teaspoon orange zest grated
- 1 small poblano pepper green finely chopped
- 0.3 teaspoon salt
- 4 servings salt and pepper
- 1 medium shallots finely chopped
- 2 tablespoons sherry vinegar
- 16 medium shrimp deveined peeled (leaving tails intact)
- 0.5 cup wine
- 1 small onion yellow finely chopped

## Equipment

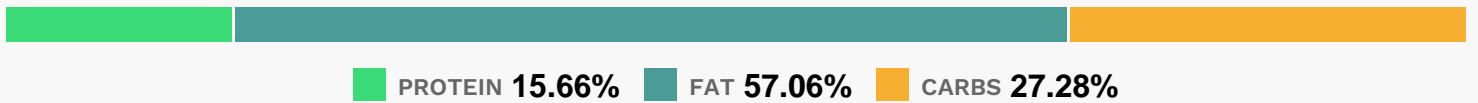
- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- grill
- broiler
- skewers

## Directions

- Black Bean Cakes
- Place the black beans in cold water to cover. Soak overnight, or for at least 1 hour.
- Drain, rinse, place in a large pot, and cover with fresh cold water. Bring to a boil, skim the foam, then simmer over low heat for about 1 hour.
- Add more water, if necessary, to keep the beans covered.
- Meanwhile, heat the 1 tablespoon oil over medium–high heat in a large skillet.
- Add the onion, peppers, and garlic and cook for 2–3 minutes.
- Add the vegetables, along with the honey, vinegar, chili powder, and cumin, to the beans and continue to simmer. When the beans are quite soft and are starting to break down, season with salt and pepper. Continue to cook until the beans are creamy.
- Remove the bean mixture from the heat and strain, reserving the liquid. Puree in a food processor, then transfer to a baking sheet.
- Spread the puree evenly and let it cool completely. Form the puree into little cakes shaped like hockey pucks (use about 1/2 cup per cake). The consistency is perfect if it is moist enough to gather into a ball, but not so wet that the mixture sticks to your hands.
- Preheat the oven to 400°F. To finish the cakes, lightly dust them with flour.
- Heat a medium skillet (lightly coated with oil) over medium–high heat. Sauté the cakes just long enough to get a nice crust on each side. When ready to serve, place them on baking sheets in the oven to warm through.
- Garnish with a dollop of sour cream and a sprig of cilantro.
- Grilled Shrimp
- Soak the skewers in hot water.
- In a medium bowl, combine the olive oil and seasonings. Toss the shrimp with this marinade and refrigerate while you make the coriander sauce.
- Turn on the broiler or light the grill.
- Place 4 shrimp on each skewer.
- Meanwhile, heat the black bean cakes.
- Broil or grill the shrimp 2–3 minutes on each side, until just cooked through.
- Remove from the skewers, arrange on four plates, and drizzle with the warm coriander sauce.

- Serve with a black bean cake.
- Coriander Sauce
- Place the shallot, orange zest and juice, wine, vinegar, and coriander in a small saucepan and bring to a simmer over medium heat. Cook until the liquid is reduced to 2 or 3 tablespoons. While it's still hot, whisk in softened butter by the spoonful until the sauce is emulsified (it will look thick and creamy). Stir in the chopped cilantro and season with salt and pepper to taste. Cover and keep warm over low heat.
- Taste
- Book, using the USDA Nutrition Database
- From Crescent City Cooking by Susan Spicer Copyright (c) 2007 by Susan Spicer Published by Knopf. Susan Spicer was born in Key West, Florida, and lived in Holland until the age of seven, when her family moved to New Orleans. She has lived there ever since, and is the owner of two restaurants, Bayona and Herbsaint. This is her first cookbook. Paula Disbrowe was the former Cowgirl Chef at Hart & Hind Fitness Ranch in Rio Frio, Texas. Prior to that, she spent ten years working as a food and travel writer. Her work has appeared in The New York Times, Food & Wine, and Saveur, among other major publications.

## Nutrition Facts



### Properties

Glycemic Index:101.32, Glycemic Load:6.52, Inflammation Score:-7, Nutrition Score:11.116956509893%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg, Hesperetin: 1.97mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

### Nutrients (% of daily need)

Calories: 371.55kcal (18.58%), Fat: 22.7g (34.92%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 18.39g (6.69%), Sugar: 7.64g (8.49%), Cholesterol: 102.31mg (34.1%), Sodium: 507.3mg (22.06%), Alcohol: 3.09g (100%), Alcohol %: 1.69% (100%), Protein: 14.02g (28.03%), Vitamin C: 25.27mg (30.63%), Folate: 97.77µg (24.44%), Fiber: 6.03g (24.12%), Manganese: 0.41mg (20.52%), Phosphorus: 194.68mg (19.47%), Magnesium: 66.23mg (16.56%), Copper: 0.32mg (15.94%), Potassium: 465.89mg (13.31%), Vitamin A: 649.73IU (12.99%), Vitamin B1: 0.18mg (12.07%), Vitamin E: 1.7mg (11.31%), Iron: 1.97mg (10.93%), Zinc: 1.36mg (9.08%), Vitamin B6: 0.16mg (8.12%), Vitamin K: 8.24µg (7.85%), Calcium: 64.6mg (6.46%), Vitamin B2: 0.07mg (3.94%), Vitamin B3: 0.56mg (2.81%), Vitamin B5: 0.27mg (2.7%), Selenium: 1.34µg (1.91%)