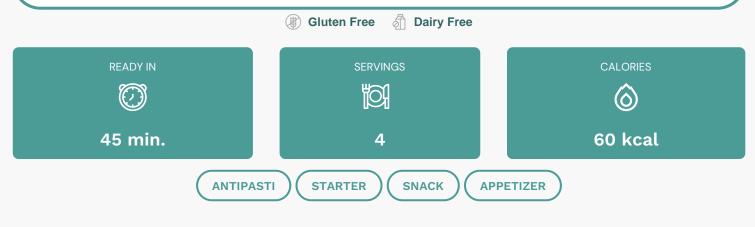


Grilled Shrimp with Tamarind Sauce



Ingredients

1 tablespoon fish sauce to taste (preferably Thai naam pla)
1 tablespoon cilantro leaves fresh cleaned chopped
1 tablespoon garlic minced
1 sprigs cilantro leaves fresh finely julienned halved lengthwise seeded
1.5 tablespoons coconut sugar to taste
1 tablespoon vegetable oil; peanut oil preferred
3 teaspoons sea salt dissolved in 11/2 cups water
1 tablespoon sriracha hot

	1 tablespoon tamarind	
	0.3 cup water	
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Equipment		
	bowl	
	sauce pan	
	sieve	
	grill	
	kitchen scissors	
	colander	
	grill pan	
Directions		
	Prepare grill for cooking.	
	Soak shrimp (still in shells) in salt water 5 minutes, then rinse well in a colander.	
	Place tamarind in a bowl with water and rub with your fingers to dissolve pulp.	
	Pour through a sieve into a bowl, pressing hard on solids, and discard solids.	
	Heat oil in a small heavy saucepan over moderate heat until hot but not smoking, then cook cilantro paste and garlic, stirring, until fragrant. Stir in hot sauce, 3 tablespoons tamarind juice palm sugar, and fish sauce. Simmer until thickened to consistency of light syrup, about 3 minutes.	
	Snip shells of shrimp with scissors down center of back, from wide end to second-to-last tail section. Butterfly shrimp in their shells, making a deep incision along length of back where shells are cut, and devein.	
	Grill shrimp on their sides on an oiled rack set 5 to 6 inches over glowing coals until shells are pink and slightly charred and shrimp are just cooked through, 3 to 4 minutes on each side. (Alternatively, grill shrimp in a hot well-seasoned ridged grill pan over moderate heat.)	
	Spoon tamarind sauce over shrimp (still in shells) in a serving dish.	
	Tamarind sauce can be made 2 hours ahead and kept, covered, at room temperature.	

Nutrition Facts

Properties

Glycemic Index:53.25, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:1.3995652185834%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 60.12kcal (3.01%), Fat: 3.55g (5.46%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.72g (5.25%), Cholesterol: Omg (0%), Sodium: 2195.11mg (95.44%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.49g (0.98%), Vitamin C: 3.38mg (4.1%), Vitamin E: 0.58mg (3.83%), Magnesium: 12.35mg (3.09%), Manganese: 0.05mg (2.64%), Vitamin B6: 0.05mg (2.56%), Vitamin K: 2.27µg (2.16%), Potassium: 52.65mg (1.5%), Vitamin B1: 0.02mg (1.46%), Iron: 0.22mg (1.2%), Selenium: 0.75µg (1.07%), Calcium: 10.66mg (1.07%), Vitamin A: 51.33IU (1.03%), Vitamin B3: 0.21mg (1.03%), Fiber: 0.26g (1.03%)