



## Pan-Seared Shrimp with Hot Chorizo Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons brandy
- 5 ounces chorizo sausage cut hot
- 4 servings lemon wedges and crusty bread for serving
- 0.8 teaspoon pimentón picante hot (see Note)
- 4 servings salt
- 2 scallions coarsely chopped
- 1.8 pounds shrimp shelled deveined
- 4 ounces butter unsalted softened

- 2 tablespoons water

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In a small saucepan, cover the chorizo with water and bring to a boil. Simmer over moderate heat for 5 minutes, then drain. Thinly slice 1 of the sausages and finely chop the other.
- In a medium bowl, blend the butter with the scallions, pimentn and chopped chorizo and season with salt.
- In a large skillet, cook the sliced chorizo over very low heat until the fat is rendered, about 4 minutes.
- Add the shrimp and cook over moderate heat until barely pink, about 2 minutes per side.
- Add the brandy, tip the skillet and, using a long match, carefully ignite the brandy. When the flames die down, add the chorizo butter and cook, stirring, until just melted, about 2 minutes.
- Remove the skillet from the heat and stir in the water to make a creamy sauce.
- Transfer the shrimp and sauce to a shallow serving dish and garnish with the lemon wedges.
- Serve at once with crusty bread.
- Make Ahead: The chorizo butter can be frozen for up to 1 month.
- Wine Recommendation: A light, fruity ros with good acidity is the best counterbalance to the spicy and smoky flavors in this dish. Try the 2000 Cape Indaba Blush from South Africa, or a sparkling ros, such as the Nonvintage Domaine Ste. Michelle Blanc de Noir from Washington State.
- Notes: Pimentn picante can be mail-ordered from the Spanish Table, 206-682-2827; [www.tablespace.com](http://www.tablespace.com)

## Nutrition Facts

 **PROTEIN 40.04%**  **FAT 59.4%**  **CARBS 0.56%**

## Properties

Glycemic Index:18.13, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:9.4586955308914%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 457.55kcal (22.88%), Fat: 28.66g (44.1%), Saturated Fat: 17.62g (110.14%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.22g (0.24%), Cholesterol: 405.45mg (135.15%), Sodium: 440.94mg (19.17%), Alcohol: 3.76g (100%), Alcohol %: 1.65% (100%), Protein: 43.48g (86.95%), Phosphorus: 434.61mg (43.46%), Copper: 0.79mg (39.51%), Vitamin A: 951.5IU (19.03%), Zinc: 2.72mg (18.11%), Magnesium: 71.52mg (17.88%), Potassium: 551.29mg (15.75%), Calcium: 146.14mg (14.61%), Vitamin K: 14.44µg (13.76%), Vitamin C: 8.1mg (9.82%), Iron: 1.53mg (8.49%), Vitamin E: 0.7mg (4.69%), Manganese: 0.08mg (4%), Vitamin D: 0.43µg (2.83%), Folate: 4.84µg (1.21%)