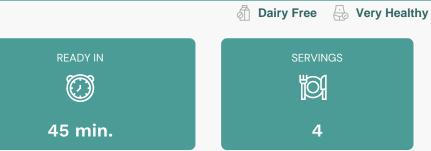
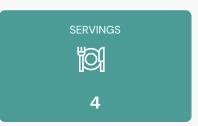


Sautéed Shrimp and Hazelnut Romesco







SAUCE

Ingredients

2 tablespoons breadcrumbs fine
8 pepper flakes
4 servings pepper black freshly ground
O.3 cup parsley fresh finely chopped for garnish
2 cloves garlic coarsely chopped
0.5 cup hazelnuts raw
0.8 cup olive oil extra virgin extra-virgin
2 large bell pepper red

	2 tablespoons sherry vinegar		
	16 extra large shrimp shelled deveined rinsed		
	1 medium tomatoes peeled seeded		
_			
Equipment			
	food processor		
	bowl		
	frying pan		
	baking sheet		
	oven		
	plastic wrap		
	stove		
	tongs		
Dii	Directions		
	Snap the stems from the Nyora peppers. Shake out and discard the seeds.		
	Put the Nyoras in a heatproof bowl and cover with 2 cups boiling water. Set a small plate on		
	top to keep the peppers submerged and let sit until softened, about 20 minutes. Discard the soaking liquid. Set the peppers aside.		
	Roast the red bell peppers: On the stovetop, hold the peppers with tongs over an open		
	burner, turning them until they're blackened uniformly, about 3 to 5 minutes. (Alternatively,		
	put the peppers on a baking sheet and roast in the oven at 450°F until the skins become brown and loosen, about 30 minutes.)		
П	Transfer to a bowl and cover tightly with plastic wrap for 15 minutes, allowing them to steam		
	and cool slightly. Peel the skins from the peppers, remove the seeds, and set the peppers		
	aside.		
	Heat 2 tablespoons of the olive oil in a small skillet over medium heat, then add the hazelnuts		
	and cook, shaking the pan a few times, until lightly browned, about 4 minutes.		
Ш	Drain the hazelnuts and let cool slightly.		
	Remove as much paper coating on the nuts as possible. Discard the oil.		

	Nutrition Facts
	Kochendorfer, © 2010 The Taunton Press.
	Heat: Cooking with America's Chefs, Farmers, and Artisans by Darryl Estrine and Kelly
	Reprinted with permission from Harvest to
	Garnish with the chopped parsley and serve immediately
	Transfer the shrimp to a serving platter and serve the romesco sauce on the side.
	Warm the cold romesco sauce.
	firm, about 1 to 2 minutes per side.
	Add the shrimp, season with salt and pepper, and cook until the shrimp turn pink and become
	Heat the remaining 1/4 cup olive oil in a large straight-sided skillet over high heat.
	Transfer to a small plastic container, cover, and refrigerate until needed. The romesco can be made a day ahead and kept covered in the refrigerator.
Ш	Combine the Nyoras, roasted red bell peppers, hazelnuts, breadcrumbs, garlic, tomatoes, sherry vinegar, and 1/2 cup olive oil in the bowl of a food processor. Season generously with salt and pepper and pulse until completely puréed.

PROTEIN 18.25% FAT 54.28% CARBS 27.47%

Properties

Glycemic Index:56, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:27.514347647843%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: O.16mg, Epigallocatechin 3-gallate: O.16mg, Epigallocatechin 3-gallate: O.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 287.67kcal (14.38%), Fat: 18.43g (28.36%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 15.69g (5.71%), Sugar: 10.03g (11.15%), Cholesterol: 64.4mg (21.47%), Sodium: 100.25mg (4.36%),

Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.94g (27.89%), Vitamin C: 244.94mg (296.9%), Vitamin K: 88.07μg (83.88%), Vitamin A: 3999.95IU (80%), Manganese: 1.33mg (66.39%), Vitamin B6: 0.83mg (41.57%), Vitamin E: 5.53mg (36.89%), Copper: 0.59mg (29.37%), Folate: 91.09μg (22.77%), Potassium: 784.22mg (22.41%), Fiber: 5.3g (21.21%), Phosphorus: 209.98mg (21%), Magnesium: 77.24mg (19.31%), Vitamin B1: 0.27mg (18.11%), Iron: 2.86mg (15.91%), Vitamin B3: 2.77mg (13.84%), Vitamin B2: 0.2mg (11.5%), Zinc: 1.53mg (10.19%), Calcium: 82.13mg (8.21%), Vitamin B5: 0.66mg (6.59%), Selenium: 2.37μg (3.39%)