



Shrimp in Sherry Butter Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1 carrots halved
- ☐ 0.5 cup medium-dry sherry
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 teaspoons juice of lemon fresh to taste
- ☐ 1 onion minced halved
- ☐ 2 parsley sprigs fresh
- ☐ 1.5 teaspoons salt
- ☐ 3 pounds shrimp in shell rinsed peeled per pound), , , and shells reserved

- ☐ 1 thyme sprig fresh
- ☐ 1 turkish or
- ☐ 0.5 cup butter unsalted softened cut into tablespoon pieces and
- ☐ 1 tablespoon vegetable oil
- ☐ 8 cups water

Equipment

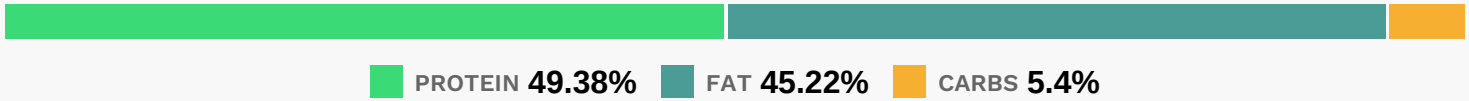
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 4- to 5-quart heavy pot over moderately high heat until hot but not smoking, then cook shrimp shells, stirring, 1 minute.
- ☐ Add water, onion halves, carrot, bay leaf, parsley, thyme, peppercorns, and salt and simmer, uncovered, 30 minutes.
- ☐ Pour stock through a large sieve lined with a dampened paper towel into a large bowl, discarding solids. Return stock to cleaned pot.
- ☐ Add shrimp and cook over high heat (stock will be hot but not boiling), stirring frequently, until just cooked through, about 2 minutes.
- ☐ Transfer shrimp with a slotted spoon to a large shallow baking pan, spreading in 1 layer to cool quickly. Boil stock until reduced to about 1 1/2 cups, 30 to 40 minutes, then transfer to a bowl.
- ☐ Stir together flour and 1 1/2 tablespoons butter until a paste forms, then set aside. Cook minced onion in 1 tablespoon butter in cleaned pot over moderately low heat, stirring, until softened, about 3 minutes.
- ☐ Add Sherry and boil until liquid is reduced to about 1/3 cup, about 2 minutes.

- ☐ Add shrimp stock and bring to a simmer, then reduce heat to low and whisk in remaining 5 1/2 tablespoons butter until just incorporated.
- ☐ Whisk in flour paste, bit by bit, and simmer sauce, whisking, until slightly thickened, about 2 minutes.
- ☐ Add lemon juice, shrimp, and salt and pepper to taste and cook over moderate heat, stirring, until shrimp are just heated through, about 1 minute.
- ☐ Shrimp can be cooked (in stock) and stock reduced 1 day ahead. Cool stock, then chill shrimp and stock separately, covered.

Nutrition Facts



Properties

Glycemic Index:34.1, Glycemic Load:1.4, Inflammation Score:-8, Nutrition Score:9.182608631642%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 288.6kcal (14.43%), Fat: 14.14g (21.75%), Saturated Fat: 7.73g (48.34%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.14g (1.26%), Cholesterol: 304.36mg (101.45%), Sodium: 658.64mg (28.64%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 34.74g (69.47%), Phosphorus: 379.11mg (37.91%), Copper: 0.72mg (36.1%), Vitamin A: 1658IU (33.16%), Magnesium: 67.18mg (16.79%), Zinc: 2.4mg (15.97%), Potassium: 516.34mg (14.75%), Calcium: 129.12mg (12.91%), Vitamin K: 9.8µg (9.33%), Manganese: 0.15mg (7.62%), Iron: 1.12mg (6.22%), Vitamin E: 0.53mg (3.52%), Vitamin C: 2.49mg (3.02%), Fiber: 0.59g (2.35%), Folate: 7.97µg (1.99%), Vitamin B6: 0.04mg (1.89%), Vitamin B1: 0.02mg (1.65%), Vitamin D: 0.21µg (1.42%), Vitamin B2: 0.02mg (1.4%), Selenium: 0.73µg (1.04%), Vitamin B3: 0.21mg (1.03%)