

New Orleans BBQ Shrimp

RECIPE COURTESY OF CHEF JOHN REASON

INGREDIENTS

- 1 pound Louisiana Shrimp
- 12 oz beer
- 4 Tbsp. butter, unsalted
- 1 cup diced onion
- 1 Tbsp. minced garlic
- 1 Tbsp. Worcestershire sauce
- 1 tsp. Hot sauce
- 1/2 Tbsp. Lemon Juice
- 1 Tbsp. Cajun Maispalm seasoning
- 1 Tbsp. chopped parsley
- 1/4 tsp. Thyme
- 1/4 tsp. Oregano
- 1/4 tsp. Rosemary

DIRECTIONS

1. Melt half of the butter in a large skillet over medium heat.
2. Add onion and cook slowly until brown.
3. Add minced garlic, thyme, oregano & rosemary.
4. After about a minute, pour in the beer. Increase heat and simmer until sauce reduces by half, about 5-6 minutes.
5. Once reduced, pour in lemon juice, hot sauce, Worcestershire sauce, Cajun Maispalm, and parsley.
6. Reduce heat back to medium. Gently add shrimp and cook for 3-4 min, or until fully cooked.
7. Turn off heat, and add remaining butter. Serve with baguette bread.



www.delcambremarket.org

HEALTHY SWAPS

- Lower Fat: Recipe is lower in fat. Substitute olive for butter for a healthier fat.
- Lower Carbohydrate: Recipe is lower in fat as is. Serve with favorite low-carb bread or even cauliflower rice to keep the entire meal lower in carbohydrates.
- Lower Sodium: Use a salt-free Cajun seasoning to reduce sodium to. 372mg
- Dairy-free: Substitute olive oil for butter.
- Gluten-free: Use a gluten-free beer, and ensure that Cajun seasoning is gluten-free.

Nutrition Facts	Amount/serving		% Daily Value*		Amount/serving	% Daily Value*	
	4 servings per container Serving size	Total Fat 14g		18%			Total Carbohydrate 10g
Calories per serving					Dietary Fiber < 1g		3%
	300	Saturated Fat 7.8g		39%	Total Sugars 3g		
		Trans Fat 0g			Includes 3g Added Sugars		6%
	Polyunsaturated Fat 1.1g			Sugar Alcohol 0g			
	Monounsaturated Fat 3.8g			Protein 27g			54%
	Cholesterol 270mg		90%				
	Sodium 1930mg		84%				
	Vitamin D 0.1125mcg	0%		Calcium 133mg	10%	Iron 1mg	6%
	Potassium 339mg	8%		Vitamin A	20%	Vitamin K	15%
	Folate	10%					

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.