

## Pan-Roasted Shrimp with Garlic & Chiles

### Serves 4

Chef Dunham and Chef Perello love using this recipe to entertain with, or as quick late-night meal. If you purchase shrimp with the heads still attached, make sure they're very fresh. Chef Dunham likes shopping at Sunset Supermarket, at 2425 Irving St. in San Francisco, which stocks fresh head-on shrimp as well as other live seafood. If you're averse to eating the shrimp heads, you can also use regular peeled and de-veined shrimp for this recipe. Dried peperoncini are available at some specialty food markets, including Le Sanctuaire in San Francisco. If you prefer your scallions cooked, they can be added to the pan with the raw shrimp.

**12 jumbo shrimp (about 1 pound), heads attached**

**Sea salt, to taste**

**Freshly ground black pepper, to taste**

**¼ cup extra virgin olive oil**

**5 cloves garlic, thinly sliced**

**2 dried peperoncini or ½ teaspoon crushed red pepper flakes**

**Juice of 1 lemon**

**¼ cup cilantro leaves**

**½ bunch of scallions, cut into 2-inch pieces**

**Instructions:** Using a sharp knife, split the underside of the shrimp down the center so that they are butterflied, but not cut in half. Do

not remove the shells. With the shrimp butterflied, the vein should be visible. Carefully remove the vein using your fingers, a paring knife, or by running it under cool water. Season the shrimp with sea salt and black pepper, and set aside. In a large saute pan, heat the olive oil over medium-low heat. Once hot, add in the garlic slices and the dried peperoncini. Continue to stir the garlic and chiles around the pan with a wooden spoon, allowing the pieces to slowly cook in the oil. The garlic will gradually begin to brown. If you notice it browning too quickly, **reduce the heat**. The darker the garlic gets, the



more bitter it will taste.

Once the garlic is golden, add the shrimp, sauteing until the underside begins to turn pink, about 1-2 minutes. Using tongs, quickly turn the shrimp over and allow the second side to cook, another 1-2 minutes. The shrimp will be just barely cooked through. **Remove the pan from the heat**, then add the lemon

juice. The lemon juice, along with the heat from the pan, will gently steam the shrimp so that they are cooked all the way through. Toss the shrimp with the cilantro leaves and scallions, and serve.

**Per serving:** 200 calories, 15 g protein, 4 g carbohydrate, 14 g fat (2 g saturated), 135 mg cholesterol, 158 mg sodium, 0 fiber.