



Episode 9 - Recipes

July 2019

Grilled Shrimp with Garlic Habanero Sauce

INGREDIENTS

Jumbo peeled & deveined shrimp (approx 16)
1/2 cup extra virgin olive oil (plus extra)
5 large cloves of garlic
1/2 - 1 Habanero chile (seeded if you don't want hot)
5 T cilantro (plus extra)
1/4 cup lime juice
1 T local honey
sea salt & fresh ground pepper



DIRECTIONS

In a small saucepan combine the garlic and 1/2 cup of olive oil. Simmer over low heat until the garlic is golden brown.

Transfer the garlic to a small dish and pour the oil into a glass measuring cup - let cool for a few minutes.

Combine the oil, garlic, habanero, cilantro, lime juice, and honey into a blender and puree.

Thread shrimp onto skewers (if using wood, remember to soak them). Brush the shrimp with a little more olive oil and season with sea salt and pepper. Grill shrimp over a hot fire until lightly charred (approx 4 minutes per side).

Drizzle shrimp with vinaigrette and sprinkle with a little cilantro if desired.