

NUTS & BOLTS RECIPE

BAR-B-QUE SHRIMP

This is a little different from shrimp on the barbee. The shrimp are tender and juicy, plus the vegetables are delicious. This is really closer to a "boil". And don't forget to have some hot garlic bread on the table to dip into the juice.

Makes 6 to 8 Servings

Prep: 30 min.

SHRIMP, head off, shell on.

Rinse and Refrigerate shrimp for 30 minutes. How many you need depends on size of shrimp and how hungry you are. 2 lbs of large or jumbos, usually work as a good start.

NOTE: You can also substitute crawfish, or have a mix of crawfish and shrimp. Use fresh crawfish if you can find them. Frozen whole crawfish work OK, but reduce the cooking time a little because they are usually pre-cooked and seasoned.

You will need a very large pot, preferably a ceramic coated stew pot (Le Cruset) to hold everything. And the pot needs to fit in the oven.

THE SAUCE:

Mix on low heat the following:

1lb Butter (no salt or low salt)

1 tblsp Zatarain's Liquid Crab Boil

1 tblsp Tiger Sauce (it's next to the hot sauces in most grocery stores)

1 tblsp Paprika

1 tblsp Chili Powder

1 tsp Allspice (doesn't take much)

1 tsp Kosher salt

2 tblsp Worcestershire sauce

1 tsp Italian dry seasoning

1 tsp Dry parsley

4 Garlic cloves (crushed)

2 Bay leaves

½ tsp Tabasco

Juice of 1 lemon

Simmer all this for about 10 minutes. DO NOT LET IT BOIL!

THE VEGGIES:

2 Large Onions halved and sliced

1 Regular size package of whole button mushrooms, cut in halves

Put cold shrimp in the pot you will be cooking in.

Pour the hot sauce over the shrimp & veggies, toss lightly to coat everything and refrigerate for at least an hour.

PRE-HEAT OVEN TO 325 degrees.

Place pot with the shrimp/veggie mixture in oven for 5 minutes. Remove and stir gently. Check shrimp every 5 minutes to see if they are done. They should be pink, and shell should peel off easily. After the first 5 minute check, check them every two minutes. Don't over cook the shrimp, they get tough.

Serve in bowls so everyone gets some of the wonderful, rich juice. Have a big loaf of hot garlic bread on hand to dip in the au jus.