

Seared Shrimp with Red Pepper Flakes



UNIVERSITY *of* SOUTH CAROLINA KITCHEN

Cooking with Patricia Moore-Pastides

YOU WILL NEED:

1 lb. fresh shrimp, peeled and deveined

3 T olive oil

3–4 cloves garlic, minced

½ c dry white wine

¼ t red pepper flakes

1 bunch fresh basil leaves finely chopped (reserve a few whole leaves for garnish)

Juice and zest of ½ lemon

Prepare shrimp, by peeling and deveining, but leave tails on. This prevents the shrimp from curling when cooked and makes them look longer. Dry the shrimp on towels before cooking.

Heat the oil to high but not smoking in a large frying pan. Place shrimp in one layer in pan and turn them over as soon as the cooked side looks pink. Cook second side and remove from pan. This should take only seconds per side. Continue the process until all shrimp are cooked.

Lower heat to medium, add minced garlic, and cook for 1–2 minutes until garlic is golden brown. Add wine to deglaze the pan, turn heat back up to high, then add the shrimp, red pepper flakes and chopped basil and cook until most liquid is evaporated (just a minute or two). Remove to serving dish and sprinkle with lemon juice and zest. Garnish with whole basil leaves. Serve immediately or at room temperature.

This is a wonderful buffet dish; a nice alternative to shrimp cocktail that brings rave reviews.