



From Chef Pat Mould, “Cooking Up a Good Life!”
as mentioned on BestLife Iberia** radio show, 3/21/13.

Sizzling Shrimp Scampi

Scampi refers to shrimp that are split, brushed with garlicky butter and broiled. The recipe here calls for flavoring butter with lemon, garlic, parsley and thyme, then dotting it liberally on shrimp and roasting the shellfish until it sizzles.

1. 2 sticks unsalted butter, softened
 2. 3 large garlic cloves, very finely chopped
 3. 1 tablespoon plus 2 teaspoons chopped flat-leaf parsley
 4. 1 1/2 teaspoons finely grated lemon zest
 5. 1 teaspoon freshly squeezed lemon juice
 6. 1/2 teaspoon chopped thyme leaves
 7. Kosher salt and freshly ground black pepper
 8. 3 pounds large shrimp—shelled and deveined, tails left on
 9. 1 tablespoon thinly sliced basil leaves
 10. Crusty bread, for serving
1. Preheat the oven to 450°. In a medium bowl, mix the butter with the garlic, 2 teaspoons of the parsley, the lemon zest, lemon juice and thyme and season with salt and pepper.
 2. In a large gratin dish, arrange the shrimp, tails up, in a circular pattern. Dot the shrimp with the flavored butter and roast for about 10 minutes, until the shrimp are pink and the butter is bubbling. Sprinkle the shrimp with the remaining 1 tablespoon of chopped parsley and the basil leaves. Serve hot with bread.

Make Ahead The flavored butter can be refrigerated for up to 1 week or frozen for up to 1 month.

Suggested Pairing Serve with a full-bodied Australian Chardonnay.

Chardonnay - For fatty fish or fish in a rich sauce

Silky whites—for instance, Chardonnays from California, Chile or Australia—are delicious with fish like salmon or any kind of seafood in a lush sauce.

****Please note that this recipe has NOT been analyzed for nutritional values and should not be considered endorsed by the BestLife Iberia healthy living initiative.**