

Sauteed Shrimp with Ancho Chiles and Garlic

*This recipe was written by Mary Sue Milliken and Susan Feniger, owners of the Border Grill Restaurant in 2012. I've cut the olive oil in half to reduce calories. For safety reasons, *I recommend soaking the ancho chiles in hot water for 20 minutes before attempting to stem, seed and cut in julienne slices.*

3/8 cup	olive oil	3 large	*ancho chiles, wiped clean, stemmed, seeded and finely julienned
25	garlic cloves, peeled and thinly sliced	1 cup	fish stock or clam juice
1 3/4 pounds	rock or medium shrimp, peeled and deveined	3 large	limes, juiced
1 1/2 teaspoon	salt	1 bunch	Italian parsley, leaves only, chopped
3/4 teaspoon	fresh ground black pepper	2 cups +	cooked white rice, held warm

- 1 Heat the olive oil in a large skillet over medium-low heat. Cook the garlic slices until tender, but not brown. (This will take one minute or less.) Transfer with a slotted spoon to paper towels and reserve.
- 2 Turn the heat under the pan to high. Quickly toss the shrimp with the salt and pepper in a bowl. When oil is nearly smoking, add the shrimp. Saute, stirring and shaking the pan to prevent sticking, 3 to 4 minutes or just until the shrimp are still slightly undercooked. Remove from the heat. With a slotted spoon, transfer the shrimp to a platter, leaving as much liquid as possible in the pan.
- 3 Return the pan to the burner and reduce the heat to medium. Add the garlic slices and anchos and cook, stirring frequently, until the oil begins to turn orange from the chiles. Stir in the fish stock or clam juice, along with the shrimp and any juice that has collected on the platter. Add the lime juice and parsley, bring to a boil and remove from the heat. Serve immediately over white rice.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 20 minutes

Total Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 665 calories, 220 calories from fat, 24.9g total fat, 301.6mg cholesterol, 1426mg sodium, 886.6mg potassium, 63.1g carbohydrates, 5g fiber, 3.7g sugar, 47.7g protein.

Source

Author: Susan Feniger and Mary Sue Milliken, Border Grill 2012

