

Glazed Butterfly Shrimp with Rice Timbales

This is an elegant dish fit for a special dinner party. You must prepare the rice in advance and then have all ingredients ready. Try making the Steamed Rice in a Microwave Oven, which takes only a few hands-on minutes before it goes in the microwave for another 15 minutes. Once company is seated, you can cook the shrimp and sauce in a matter of minutes. Plate it up with the Rice Timbales and a vegetable on the side and you have a beautiful elegant meal in no time. I developed this recipe with some Southern Comfort I had on hand. It is a sweetened spirit, so feel free to try other liquors or liqueurs with a little sweetness in its place.

	Steamed Rice in a Microwave Oven	2 tsp	Worcestershire sauce
2 Tbs	butter	2 tsp	dijon mustard
20	extra large shrimps, shelled and butterflied (12-15 per pound)	½ tsp	kosher salt
2	garlic clove, minced	1 dash	white pepper
3 Tbs	Southern Comfort or brandy or liqueur of choice	1 Tbs	tarragon leaves, fresh (or 1 tsp dried)
2 tsp	White Balsamic Vinegar	¾ cup	cream + more for thinning the sauce

- 1 First, make the rice. Follow recipe for Steamed Rice in Microwave Oven. Make sure it is done and ready before beginning the shrimp.
- 2 Remove the shells from the shrimp, leaving the tail section. With a small knife, cut through the center of the shrimp where the vein runs and cut $\frac{3}{4}$ of the way through, so the shrimp is still in one piece and the flesh begins to open into a "butterfly". Dry off shrimps and set aside.
- 3 Get all ingredients ready before beginning to cook.
- 4 In a hot skillet on medium heat, add the butter, the shrimp and the minced garlic. The shrimp will begin to curl and butterfly and turn red when cooked in a matter of a few minutes. Remove from the pan to a bowl.
- 5 Deglaze your pan by adding the liquor and cooking until fragrant and it begins to thicken, as you stir up any browned bits. Add in balsamic, worcestershire, dijon mustard and tarragon. Give a stir, then add in the cream. Add the shrimp back in and cook until sauce thickens. This step will take only a few minutes, so everything must be ready to go into the pan. When sauce is thickened and shrimp is hot, remove from heat. You are ready to plate the meal.
- 6 Spoon rice and pack it into a small custard cup or ramekin until level. Place a flat spatula over the top of ramekin and turn it over onto the center of the plate. First slide the spatula out, then remove the ramekin. The rice will stay in the shape of a timbale. Add your vegetable to one side of the timbale.
- 7 Place shrimp around the plate with tails facing the same way to one side of the rice timbales. After you take the shrimp out of the skillet. Add more milk or cream to the remaining sauce to thin it, heat it up and ladle it around the plates.

Servings: 4

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 283 calories, 203 calories from fat, 23.1g total fat, 129.6mg cholesterol, 500.4mg sodium, 233.8mg potassium, 5.1g carbohydrates, <1g fiber, 1.2g sugar, 8.6g protein.

Source

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