New Orleans Barbecued Shrimp

Serves 2 as an entrée or 4 as an appetizer

Don't break out your grill for this dish. Here in New Orleans, barbecued shrimp means sautéed shrimp in Worcestershire-spiked butter sauce. We serve these shrimp with heads and tails on, so you need to dig in to enjoy. I highly recommend a bib.

We are famous for our barbecued shrimp, and with reason. The biggest trick to making this taste like ours is to not hold back on the butter. The three sticks called for are enough to scare you into cholesterol shock, but are key to the flavor and consistency of the sauce.

16 jumbo shrimp (12 per pound so about 1½ pounds) with heads unpeeled
½ cup Worcestershire sauce
2 tablespoons fresh lemon juice (about 2 lemons)
2 teaspoons freshly ground black pepper
2 teaspoons cracked black pepper
2 teaspoons Creole seasoning
1 teaspoon minced garlic
1½ cups (three sticks) cold, unsalted butter, cubed
French bread as accompaniment

In a large skillet combine shrimp, Worcestershire, lemon juice, black peppers, Creole seasoning and garlic and cook over moderately high heat until the shrimp turn pink, about one minuet on each side. Reduce heat to moderate and stir in butter, a few cubes at a time, stirring constantly and adding more only when butter is melted. Remove skillet from heat. Place shrimp in bowl and pour sauce over top. Serve with French bread for dipping.

Courtesy of Dr. Catherine Hebert (985) 626-0111