



Grilled Shrimp and Mediterranean White Bean Salad

Ingredients:

Marinade

- 6 long stems fresh rosemary, soaked in water for an hour
- 18 10 -15 count fresh gulf shrimp, peeled and deveined with tail left on
- 2 lemons, zested and juiced
- 2 tablespoons coarsely chopped fresh oregano (or 1 teaspoon dried)
- 2 tablespoons coarsely chopped fresh Italian parsley
- 2 cloves garlic, finely minced
- 1 pinch crushed red pepper flakes
- 1/4 cup Sandy Oaks Extra Virgin Olive Oil
- salt and pepper



For the Salad

- 8 ounces dried cannellini beans (canned are an acceptable substitute), cooked and drained (chick peas can be substituted)
- 1/2 small red onion, finely diced
- 1 small red pepper, roasted, peeled and julienned
- 1/2 cup pitted Kalamata olives, sliced in half
- 1/4 cup fresh basil leaves, finely slivered
- 1 cup mixed cherry tomatoes, sliced in half
- 1 small radicchio, thinly sliced
- 4 ounces arugula, washed and dried

Vinaigrette

- 2 cloves garlic
- 1/3 cup red wine vinegar
- 1 cup Sandy Oaks Extra Virgin Olive Oil
- salt and pepper, to taste

Preparation:

Prepare the marinade:

In a medium bowl whisk together the lemon juice and zest, herbs, garlic, crushed red pepper flakes, olive oil, salt and pepper. Add the shrimp and let them marinate for 15 - 30 minutes. Don't let them remain in the marinade too long or it will start to "cook" the shrimp.

Prepare the vinaigrette:

This can be done by hand with a whisk or in a blender or food processor. Finely mince the garlic and the anchovies with a sprinkling of salt, then with the flat of the knife smear them together to make a paste. Place this mixture in a medium bowl with the red wine vinegar, some freshly ground pepper and whisk well. Slowly drizzle in the olive oil while whisking to emulsify the ingredients and create a creamy sauce. Set aside. The vinaigrette can be made ahead and stored in the refrigerator for at least 2 weeks. It may separate but can be re-whisked to a creamy consistency.

Cook the shrimp:

Skewer the shrimp onto the rosemary. Grill them on the barbecue or use a grill pan on the stove. Shrimp do not take long to cook. They are done when they are opaque. Set aside.

Finish the salad:

Place the cooked cannellini beans in a large bowl and toss with some of the vinaigrette. Add the red onion, roasted red pepper, kalamata olives and half of the basil being careful not to smash everything together. Taste. Add more vinaigrette if desired and season with salt and pepper. This part of the salad can be done ahead and refrigerated. Remove the salad at least an hour ahead, it is best served at room temperature. Before serving taste again and adjust the vinaigrette and seasonings, the beans tend to absorb the sauce.

To serve:

Toss the arugula and the radicchio with some of the vinaigrette. Season with salt and pepper. Arrange the greens on individual dinner plates or a serving platter. Top with the bean salad. Toss the tomatoes with a bit more of the vinaigrette. Arrange on the plate. Place the skewered shrimp on the beans. Sprinkle with the remaining basil.

Serving Size: 6