
Shrimp Hyeholde

*Hyeholde Restaurant - Corapolis, PA
Pittsburgh Chefs Cook Book - 1989*

Servings: 1

6 (10 to 15 size) shrimp, peeled and deveined
1 tablespoon Bleu cheese
1 1/2 tablespoons lime juice
1/4 cup flour, seasoned with salt and pepper
1/4 cup heavy cream
1/2 teaspoon garlic, finely chopped
1/2 teaspoon shallots, finely chopped
lime segments (for garnish)
chopped parsley (for garnish)

Preheat a saute' pan and coat with olive oil. Dredge the shrimp in flour and pat off the excess. Place the shrimp in the saute' pan. Brown the shrimp and turn.

Add the garlic, shallots and bleu cheese. Deglaze the pan with lime juice and simmer until the cheese is incorporated.

Add the cream. Bring to a boil. Season with salt and pepper.

Garnish with lime segments and parsley.

Seafood

Per Serving (excluding unknown items): 392 Calories; 25g Fat (57.1% calories from fat); 13g Protein; 29g Carbohydrate; 1g Dietary Fiber; 142mg Cholesterol; 176mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat.