

Tuscan Shrimp and Cannellini Beans

When we are in Charleston, we look for opportunities to eat the fresh shrimp. This recipe is from Cook's Illustrated. Their instructions and time estimate needed work but the result is a nice bean dish and the shrimp are cooked just right. I cut the amount in half, except for the tomatoes, and it still makes enough for four people.



Ingredients:

- 1 Tbsp. sugar
- 1/8 tsp. salt
- 1/16 tsp. pepper
- 1/2 lb. fresh shrimp with shells
- 2 Tbsp. olive oil
- 1/2 onion
- 2 cloves of garlic
- 1 anchovy fillet
- 1/8 tsp. red pepper flakes
- 1 can (15.5 oz.) of cannellini beans
- 1 can (14.5 oz.) diced tomatoes
- 6 basil leaves
- 1/2 lemon

Equipment:

- Zester
- Large skillet
- Colander
- Sieve

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☑	Direction	Time (min)	
	Dice 1/2 onion (3/4 cup)	2	
	Peel garlic. Slice lengthwise and then slice thin	2	
	Pat 1 anchovy fillet dry and then mince	1	
	Into 2 cups of cold water, dissolve 1 Tbsp. sugar and 1 1/2 tsp. salt	2	
	Peel shrimp. Reserve shells.	10	
	Place shrimp in salt water and refrigerate		
	Drain shells and pat dry	1	15
	Heat 1 Tbsp. olive oil in a large skillet until shimmering	1	
	Add shells to hot oil. Sauté, turning frequently until brown spots appear.	6	
	Remove skillet from heat. Carefully add 1 cup hot tap water.	1	
	Return to heat and simmer	5	
	Strain shells over a bowl. Discard shells and retain liquid. Wipe skillet with paper towel.	1	
	Heat 1 Tbsp. olive oil in skillet. Saute onion, garlic, anchovy, 1/8 tsp. red pepper flakes, 1/8 tsp. salt, and a dash of pepper (1/16 tsp.)		
	Drain 1 can (14.5 oz.) diced tomatoes. Reserve tomatoes in a bowl and discard juice.	2	5
	Drain 1 can (15.5 oz.) cannellini beans. Reserve both beans and liquid.	2	
	Add beans, half the reserved bean liquid, tomatoes, shrimp shell liquid and simmer		
	Remove shrimp from brine and pat dry	2	15
	Tear basil leaves	1	
	Reduce heat to low. Add shrimp, cover, and cook	6	
	Remove from heat. Zest lemon into the pan and squeeze 1 1/2 tsp. lemon juice into pan. Stir in basil. Drizzle 1 tsp. olive oil on top and then serve.	3	
	Total		51 min