

# Grilled Shrimp (Scampi)

Cook's Illustrated



- 1 1/2 pounds shrimp, large, R-T-C, peeled and deveined
- 1/4 teaspoon sugar
- salt and pepper
- 1 teaspoon oil
- Spicy Lemon-Garlic Sauce (below)
- Three 14 inch metal skewers
- SPICY LEMON GARLIC SAUCE:** (enough for 1 1/2 lbs. shrimp)
- 4 tablespoons unsalted butter
- 4 tablespoons lemon juice
- 1/2 teaspoon red chili flakes
- 3 garlic cloves, finely chopped
- 1/8 teaspoon salt
- a disposable aluminum pan
- 1/3 cup chopped parsley, for garnish

*Per Serving (excluding unknown items): 253 Calories; 14g Fat (50.1% calories from fat); 28g Protein; 3g Carbohydrate; trace Dietary Fiber; 293mg Cholesterol; 371mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 4

1. Pat shrimp dry with paper towels. Thread shrimp onto skewers, alternating direction of heads and tails so that they are closely pushed together. Brush each side with oil and season with salt and pepper. Sprinkle one side of the shrimp with sugar.
2. Light large charcoal chimney with about 6 qts. of charcoal and allow to burn until fully ignited and covered with a thin layer of ash. Empty into grill, placing all the coals on one side and leaving the other side empty. Place the disposable pan with the sauce over the hot side and cook as directed, then move to cooler side. (Alternately, use a gas grill; heat to medium high and leave one section off.)
3. Place skewers with shrimp on hot side, sugared side down, and be sure the shrimp are closely pushed together. Cook for 4-5 minutes and then flip, cooking other side 1-2 minutes. Using an oven mitt, pick up each skewer and using tongs, slide the shrimp off the skewer and into the pan containing the sauce. Toss and cook until fully cooked, about 30 seconds.
4. Remove from grill, add parsley, toss and serve. DO drizzle any remaining sauce over the shrimp.
5. SAUCE: Put butter, juice, red pepper and garlic in the pan and place on the hot side of the grill, cooking until butter is melted and bubbly. Move to cooler side. When shrimp are grilled, place in the hot sauce and continue to cook for about 30 seconds. Remove the pan from grill, add parsley, toss, remove from sauce and serve.