

Barbecued Shrimp

Perfectly marinated and barbecued shrimp served with a rich garlic mayonnaise.

GARLIC MAYONNAISE

Large egg	1	1
Egg yolk (large)	1	1
Lemon juice	1 tbsp.	15 mL
Garlic clove, minced (or 1/4 tsp., 1 mL, powder)	1	1
Salt	1/8 tsp.	0.5 mL
Cooking oil	3/4 cup	175 mL

SEAFOOD MARINADE

Chopped fresh parsley (or 2 1/4 tsp., 11 mL, flakes)	3 tbsp.	50 mL
Cooking oil	2 tbsp.	30 mL
Grated lemon zest	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Pepper	1/2 tsp.	2 mL
Fresh uncooked jumbo shrimp (tails intact), peeled and deveined	18	18

Garlic Mayonnaise: Process first 5 ingredients in blender or food processor for about 2 minutes until creamy.

With motor running, slowly pour first amount of cooking oil through hole in lid until mixture is pale and thickened. Transfer to small bowl. Cover with plastic wrap. Chill for at least 1 hour to blend flavours. Makes about 1 cup (250 mL) mayonnaise.

Seafood Marinade: Combine next 5 ingredients in medium bowl. Makes about 1/3 cup (75 mL) marinade.

Add shrimp. Toss until coated. Cover with plastic wrap. Marinate in refrigerator for at least 1 hour, stirring occasionally. Drain and discard marinade. Preheat barbecue to medium. Cook shrimp on greased grill for about 5 minutes, turning occasionally, until shrimp are pink. Do not overcook. Serve with Garlic Mayonnaise. Serves 6.

1 serving: 364 Calories; 33.9 g Total Fat (19.2 g Mono, 9.9 g Poly, 2.9 g Sat); 163 mg Cholesterol; 1 g Carbohydrate; trace Fibre; 14 g Protein; 251 mg Sodium

Make ahead: The Garlic Mayonnaise can be made 1 or 2 days ahead. Store in airtight container in refrigerator.