

# Kentucky BBQ Shrimp & Fava Bean Relish

*Avoiding Gluten, Avoiding Milk, Contains Soy*

## Ingredients

### *Shrimp*

- 3 lbs large shrimp (13–15), peeled and deveined
- 2 tbsp olive oil
- 1 tbsp kosher salt
- 1 tsp black pepper
- 1 tsp smoked paprika

### *Kentucky BBQ Butter Sauce*

- 1 cup unsalted butter
- 4 garlic cloves, minced
- 1 shallot, minced
- 1 tsp smoked paprika
- ½ tsp cayenne
- 2 tbsp Worcestershire
- 2 tbsp lemon juice
- ¼ cup bourbon
- 1 tbsp sorghum
- 2 tbsp chopped parsley
- Salt to taste

### *Fava Bean Relish*

- 2 cups shelled fava beans
- 1 cup fresh diced tomatoes
- ½ cup diced English cucumber
- ¼ cup finely diced red onion
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped mint
- 1 tbsp chopped parsley
- Salt & cracked pepper

## Directions

### *Kentucky BBQ Butter Sauce*

1. Melt butter over medium heat.
2. Add shallot and garlic. Cook for 2 minutes.
3. Add paprika and cayenne.
4. Deglaze with bourbon (reduce for 1–2 minutes).
5. Add Worcestershire, lemon and sorghum.
6. Simmer for 3–4 minutes.
7. Finish with parsley.

### *Fava Bean Relish*

1. Blanch fava beans for 3 minutes.
2. Shock in ice water.
3. Peel outer skin if large.
4. Toss with cucumber, onion, olive oil, lemon, herbs and salt.
5. Chill.

### *Kentucky BBQ Shrimp & Fava Bean Relish*

1. Toss shrimp with oil, salt, pepper and paprika.
2. Sauté in large skillet for 2 minutes per side.
3. Pour BBQ butter over shrimp.
4. Simmer for 1–2 minutes.
5. Serve shrimp in shallow bowls with plenty of sauce and spoon fava relish over the top.