

# Mel's Kicked Up Baked Stuffed Shrimp

## (No salt, no butter)

### Ingredients

2 pounds shrimp in the shell  
3 tablespoons good olive oil  
2 tablespoons dry white wine  
Freshly ground black pepper  
Salt substitute  
4 cloves minced garlic  
1/4 cup minced shallots  
3 tablespoons minced fresh parsley leaves  
1 teaspoon minced fresh rosemary leaves  
1/4 teaspoon crushed red pepper flakes  
1 teaspoon grated lemon zest  
2 tablespoons freshly squeezed lemon juice  
1 extra-large egg yolk  
1/3 cup panko bread crumbs  
10 Ritz crackers crushed  
1/2 cup extra virgin olive oil  
1 portebello mushroom with the gills removed and diced fine.  
Hot sauce  
Drizzle of Jack Daniel Honey

Lemon wedges, for serving

### Directions

Preheat the oven to 425 degrees F.

Peel, devein, and butterfly the shrimp, leaving the tails on. Place the shrimp in a mixing bowl and toss gently with the olive oil, wine, salt substitute and pepper. Allow to sit at room temperature while you make the stuffing..

In a small bowl, mix the extra virgin olive oil with the garlic, shallots, parsley, rosemary, red pepper flakes, lemon zest, lemon juice, egg yolk, panko bread crumbs, Ritz crackers, mushrooms, salt substitute, and pepper until combined. When squeezed it should hold together.

Starting from the outer edge of a 14-inch baking dish, arrange the shrimp in a single layer cut side down with the tails curling up and towards the center of the dish. Pour the remaining marinade over the shrimp. Spread the stuffing mixture evenly over the shrimp, and tamp the stuffing with a spoon so it adheres to the shrimp. Drizzle with hot sauce. Bake for 10 to 12 minutes until hot and bubbly. If you like the top browned, place under a broiler for 1 minute. Serve with lemon wedges.

The mushrooms give you a surf and turf taste and the hot sauce just kicks things up. I like my shrimp with a drizzle of Jack Daniels Honey over the top and then put under the broiler for a minute. The alcohol burns off, there is just a hint of flavor in the background and it makes the stuffing crispy.

