

Grilled Shrimp with Lavender & Mint

This is another recipe from the strange neighborhood that is my brain. The flavors work well together; make it as spicy as you or your guests like by how much Harissa you blend in to the dish as you eat it. This is always a great seller in Spring, Summer and Fall.

It is rated moderately difficult because you either have to make or buy Harissa and Crème Fraîche. You will need to make Preserved Lemon Sauce, the version with the Seafood Paste added. It takes 10 minutes to make. We serve it on a bed of cous cous, so that is another item you will need to cook, it takes about the same 10 minutes as the sauce. Just follow the directions on the box!

6 large	uncooked shrimp, cleaned & butterflied, equal to 5 ounces in weight.
1½ Tbs	extra-virgin olive oil
1 Tbs	lavender blooms
1/8 tsp	salt, kosher or sea
1/3 cup	cous cous
1/3 cup	Preserved Lemon Sauce— <i>see Sauces</i> (use version with the Seafood Paste)
1½ Tbs	Crème Fraîche— <i>see Miscellaneous</i>
1 tsp	Harissa— <i>see Miscellaneous</i>
1/2 tsp	fresh mint leaves, chopped

Procedure

- Start your cous cous and begin the Preserved Lemon Sauce. When near done, begin cooking the shrimp.
- Put oil in a non-stick pan that has a lid. Sprinkle the oil with the lavender and salt. Heat the pan on high for 1 minute.
- Cook the shrimp in the oil, placing each one on the lavender with the butterflied side spread open and down. Cover and cook the shrimp 1 minute.
- Turn the shrimp and cook on the other side for 1 minute, replacing the lid.
- Turn the shrimp again and cook 1 minute more, covered.
- Place the hot cous cous in a pile on the middle of the plate. Arrange the shrimp around the edges.
- Pour the lemon sauce on the shrimp and the extra on the cous cous.
- Put a small dollop of Crème Fraîche on each shrimp.
- Place the Harissa on the cous cous in the middle of the plate.
- Sprinkle the shrimp with the fresh mint. Serve.

Yield: 1 serving