



## **Shrimp A La Cheryl**

Submitted by: Cheryl Jaye Valentine; © Tyler Valentine, 2009

### *The Sauce*

1 stick of butter softened  
2 T good sherry

### *The Shrimp*

10 Large fresh shrimp  
¾ C Organic whole wheat flour  
2 T butter  
1 t garlic powder  
¼ C sherry (one you would drink)

Prepare the sherry butter. Place the softened butter in a very small bowl and whisk in sherry. Pour into small butter warmer.

Peel, de-vein, and butterfly the shrimp. Dredge shrimp in flour you have mixed with garlic powder and set aside. Melt butter in large non-stick skillet over medium-high heat. Place shrimp in skillet and sprinkle with garlic powder. Sauté shrimp in butter for 30 seconds or until shrimp colors and browns.

Reduce heat to low and add the sherry while stirring. The sherry evaporates during this process. (Do not let the shrimp boil in sherry) Scrape shrimp and residue in pan onto serving plate. Drizzle 1 T of sherry butter over shrimp. Serve remaining sherry butter on the side. Fresh, sliced lemons add just the right touch!

Serves 2

*Note: The recipe is broken down for 10 - 12 shrimp. All ingredients would increase as you add more shrimp.*