**Shrimp Mozambique**

**SERVES**  Serves 4  
**TIME**      50 minutes  

**WHY THIS RECIPE WORKS**

Shrimp Mozambique is a bracing dish of shrimp bathed in a buttery, garlicky, peppery sauce (think spicy shrimp scampi) with roots in Portugal's history in southeast Africa, where Portuguese colonists cultivated the piri-piri pepper that traditionally gives this dish its heat. We wanted our version to come together quickly and have all the character and flavor of the original. As a stand-in for the hard-to-find piri-piri pepper, we turned to our favorite all-purpose hot sauce, Frank's RedHot Original Cayenne Pepper Sauce. Like many of the imported piri-piri sauces we tried, this cayenne pepper sauce is a puree of peppers, salt, vinegar, and oil. To give it the body and balance of those piri-piri sauces, we blended the Frank’s with olive oil, garlic, parsley, paprika, and torn bread. After sautéing some onion and a healthy dose of garlic, we added white wine for crisp acidity. We then added the shrimp, and when they were just opaque, we stirred in our pepper sauce and a couple of tablespoons of butter to bring everything together.

**INGREDIENTS**

**Sauce**
- 2 tablespoons Frank’s RedHot Original Cayenne Pepper Sauce
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons water
- ¼ slice hearty white sandwich bread, torn into small pieces
- 1 tablespoon chopped fresh parsley
- 2 garlic cloves, chopped
- 2 teaspoons paprika
- ½ teaspoon pepper

**Shrimp**

**BEFORE YOU BEGIN**

* We prefer untreated shrimp—those without added sodium or preservatives such as sodium tripolyphosphate. Most frozen E-Z peel shrimp have been treated (the ingredient list should tell you). If you're using treated shrimp, do not sprinkle the shrimp with salt in step 2. We developed this recipe with Frank’s RedHot Original Cayenne Pepper Sauce, which is similar to the piri-piri sauce called for in the traditional recipe. Serve with crusty bread or over white rice.

**INSTRUCTIONS**

1. For the sauce: Process all ingredients in blender until smooth, about 2 minutes, scraping down sides of blender jar as needed.

2. For the shrimp: Sprinkle shrimp with ½ teaspoon salt and ¼ teaspoon pepper; set aside. Heat oil in 12-inch nonstick skillet over medium heat until shimmering. Add onion and ½ teaspoon salt and cook until softened, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add wine and bring to boil. Cook until reduced by half, about 4 minutes.
2 pounds extra-large shrimp (21 to 25 per pound), peeled, deveined, and tails removed

Salt and pepper

1 tablespoon extra-virgin olive oil

½ cup finely chopped onion

3 garlic cloves, sliced thin

1 cup dry white wine

2 tablespoons unsalted butter, cut into 2 pieces

2 tablespoons chopped fresh parsley

**Nutritional Information**

Per Serving (Serves 4)

Calories 375; Fat 19 g; Saturated 6 g; Trans 0 g; Monounsaturated 9 g; Polyunsaturated 2 g; Cholesterol 301 mg; Sodium 1487 mg; Carbs 9 g; Fiber 1 g; Sugars 2 g; Protein 32 g

Add shrimp and cook, stirring occasionally, until opaque and just cooked through, about 4 minutes. Stir in butter and sauce and cook until butter is melted and sauce is heated through, about 1 minute. Season with salt and pepper to taste. Sprinkle with parsley and serve.

**Purchasing and Prepping Shrimp**

This recipe calls for peeled and deveined extra-large shrimp, which are also known as “21/25s” because that’s how many shrimp make a pound. Peeling shrimp is easy to do by hand; to remove the vein (which is actually the shrimp’s digestive tract), use the tip of a paring knife to get under it and gently pull it free.

**Frank’s RedHot**

Traditional recipes for shrimp Mozambique call for using a spicy piri-piri sauce as a base. Since piri-piri sauce can be hard to find in the United States, we searched far and wide for a more convenient alternative. The solution: our winning all-purpose hot sauce, Frank’s RedHot Original Cayenne Pepper Sauce. Frank’s is made with cayenne peppers, which have a similar kick to piri-piris; furthermore, the vinegar, salt, and oil in Frank’s are common ingredients in piri-piri sauce. This supermarket staple was a perfect fit for our lively Shrimp Mozambique.