



Garides Saganaki

By Andrew Zimmern

A four-time James Beard Award-winning TV personality, chef, writer and teacher, Andrew Zimmern is regarded as one of the most versatile and knowledgeable personalities in the food world.

Eat Well, Live Well.

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Garides Saganaki

YIELDS 4 SERVINGS



INGREDIENTS

- 1/3 c. olive oil
- 1/2 c. shallots, minced
- 1/2 c. fresh fennel, diced, fronds reserved
- 4 garlic cloves, minced
- 1 tsp. ground fennel
- 1 tsp. ground anise seed
- 2 tbsp. fresh oregano leaves
- 1/3 c. parsley, chopped
- 1/4 tsp. red chile flakes, or more to taste
- 1/2 tsp. MSG
- 1/2 c. white wine
- 2 c. canned crushed tomatoes
- 2 lb. colossal-sized shrimp, peeled and deveined
- 2/3 c. crumbled feta, a creamy variety such as Dodonis or Valbreso
- 1 tbsp. lemon juice
- 2 whole lemons, halved and grilled cut side down until charred
- Cooked new potatoes seasoned with lemon, olive oil and chives, for serving

INSTRUCTIONS

1. Place the olive oil in a large oven-proof sauté pan over high heat, a large 14-inch sauté pan works best.
2. When hot, add the shallot, fennel, garlic, ground fennel, anise seeds, oregano, parsley, chile flakes and MSG. Stir and sauté until glassy.
3. Add the wine and cook for 3 minutes. Add the tomatoes, and then cook until most of the liquid has evaporated, about 10 minutes.
4. Meanwhile, preheat the broiler on high.
5. Next, add the shrimp to the sauté pan and toss quickly for 45 seconds.
6. Place the pan under the broiler to cook through, about 3 minutes.
7. Remove the pan from the oven, sprinkle the feta and lemon juice evenly over the top. Place back under the broiler for one minute.
8. Serve immediately, family-style in the pan, with the charred lemons and fennel fronds as garnish. Serve with sides of cooked new potatoes, seasoned with lemon, olive oil and chives.

CALORIES: 520 | FAT 25 g | PROTEIN: 52 g | SODIUM: 620mg | CARBOHYDRATES: 17 g | FIBER: 5 g