



## Butter Bean Salad with Pickled Shrimp



Salad feeds 6-8 guests for lunch or as a salad course at dinner

### PICKLED SHRIMP

#### INGREDIENTS

1 pound medium or large shrimp, *peeled and deveined*

Juice of 4 lemons

4 parsley springs

5 dry bay leaves

1/2 cup extra-virgin olive oil

1/4 cup vegetable oil

1/4 cup capers, drained

Pinch of kosher salt

1/4 cup apple cider vinegar

4 garlic cloves, peeled

Pinch of red pepper flakes

2 teaspoons celery seeds

1 tablespoon mustard seeds

*Freshly cracked black pepper, optional*

#### DIRECTIONS

- 1. Fill a large pot with water** and add the juice of 2 lemons, 4 flat-leaf parsley springs and 2 dried bay leaves. Bring to a boil over high heat and then let simmer for 15 minutes.
- 2. Meanwhile make the pickling liquid.** In a large bowl, combine the juice of the two remaining lemons, olive oil, vegetable oil, capers, salt, apple cider vinegar, garlic cloves, bay leaves, red pepper flakes, celery seeds, mustard seeds and freshly cracked black pepper, if desired.
- 3. Whisk until thoroughly combined.** Set aside.
- 4. Add the shrimp to the simmering poaching liquid** from step one. Make sure the water is not boiling or else you could overcook your shrimp. Once your shrimp begins to curl and turn bright pink, remove from heat.
- 5. Drain the shrimp** but do not rinse them.
- 6. Let shrimp cool** then add to the pickling liquid. Pickle at least 4 hours, but up to a few days.





# Butter Bean Salad with Pickled Shrimp



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## BUTTER BEAN SALAD

### INGREDIENTS

- 1/2 red onion, thinly sliced
- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 tablespoons honey
- 4 cups cooked butter beans, see note
- 1 pound pickled shrimp
- 2 ribs of celery, thinly sliced
- A few celery leaves
- 1 cucumber, halved vertically, seeded, thinly sliced
- 2-3 tablespoons chopped flat-leaf parsley
- 2-3 tablespoons chopped or torn mint leaves
- 1/4 cup extra-virgin olive oil
- 1 tablespoon whole grain mustard
- 1 teaspoon kosher salt
- Pinch crushed red pepper flakes, optional*
- Freshly cracked black pepper*
- Cooked bacon, optional*
- Cooked rice, optional*



### DIRECTIONS

- 1. Combine** the onion, red wine vinegar, water and honey in a large mixing bowl. Let sit for 30 minutes.
- 2. Add the butter beans**, pickled shrimp, celery, celery leaves, cucumber, parsley, mint, extra-virgin olive oil, whole grain mustard, salt, black pepper, crushed red pepper flakes and freshly cracked black pepper; stir to incorporate. Add rice, if you'd like.
- 3. Cover and refrigerate** for 30 minutes, or up to overnight.
- 4. Add bacon** right before serving, if desired.



### CHEF'S NOTES

- Feel free to add different herbs such as basil or marjoram.
- In a pinch, you may use canned butter beans or another type of creamy bean.
- You may buy butter beans (also known as lima beans or baby lima beans) canned, dried, frozen or fresh. If using canned butter beans, drain and rinse them before serving. If using dried butter beans, wash and drain them, making sure to get rid of debris. Then, soak them in water for 24 hours. Drain the soaked beans and boil them until tender. If using frozen or fresh lima beans, boil them until they are tender.