

A Sutherland Belle

Mediterranean Shrimp & White Bean Salad

INGREDIENTS

For the Shrimp

- 2 lemons, divided
- 1 cup white wine
- 4 sprigs fresh dill
- 2 bay leaves
- 2 teaspoons kosher salt , divided
- 1 tablespoon whole black peppercorns
- 1 1/2 pounds large shrimp, shells and tails removed

For the Dressing

- ½ cup extra virgin olive oil
- ¼ cup white vinegar
- 3 garlic cloves, pressed or minced
- 2 tablespoons whole grain mustard
- 1 teaspoon freshly ground black pepper
- ⅓ cup chopped fresh dill, divided

For the Salad

- 4 cups baby arugula leaves
- 1 pint cherry tomatoes, halved
- 2 (15-ounce) cans large white Northern or Cannellini beans, drained and rinsed
- 1 (15-ounce) can quartered artichoke hearts, drained
- ½ medium red onion, thinly sliced

INSTRUCTIONS

1. In a medium-size pot, bring to a boil the juice of one lemon plus the reserved lemon halves, white wine, fresh dill sprigs, bay leaves, 1 teaspoon of kosher salt, peppercorns, and just enough water to cover the shrimp. Add the shrimp to the pot and turn off the heat.
2. Poach the shrimp in the liquid until they turn pink and are cooked through. Do not overcook. Strain and discard the lemons, bay leaves, peppercorns, and dill sprigs. Set aside to cool.

3. For the dressing, combine the olive oil, the zest and juice of the second lemon, vinegar, garlic, whole grain mustard, half of the chopped dill, black pepper, and the remaining teaspoon kosher salt in a large bowl. Whisk well.
4. Add the shrimp and beans to the dressing. For best flavor, allow to marinate for 10 minutes or longer. Add the arugula, halved tomatoes, red onion and artichoke heart. Toss well. Season with more kosher salt and freshly ground black pepper to taste and sprinkle with more fresh dill. Serve immediately or chilled.

Hint: For a less pungent red onion taste, soak in water for a few minutes after slicing. This salad gets better the longer it is allowed to marinate.