

**NEW ORLEANS SAINTS**  
Tight End

**4 YEARS**  
in the NFL

**6'4"**  
**231lbs**

**UNDRAFTED FREE AGENT**  
2020 : Signed with the  
New Orleans Saints

**PENN STATE**  
University

University of  
**OREGON**

"Success is about making something better,  
and about the legacy you leave for others."

- JUWAN JOHNSON



In 2021, the New Orleans Saints moved Juwan Johnson from wide receiver to tight end. As he learned new skills, it provided Juwan with great opportunity. He gained weight, learned the nuances of blocking, and refined his receiving skills with the express purpose of leaving a mark on the NFL world. While the weight gain in part gave him the chance to enjoy some delicious meals, Juwan's hard work was rewarded in 2022 when he led the team with seven touchdown receptions and re-signed with the team to a new two-year contract in the 2023 offseason.

Juwan enjoys cooking with his wife, TikTok star Chanen Raygoza Johnson. A former college gymnast, she understands how important it is to eat well to perform well. They have experimented with cooking different dishes at home. Meeting Chef Emeril Lagasse was a highlight as he helped them hone their cooking skills. They particularly enjoy his barbecue shrimp, which Juwan likes to serve with some toasted bread and even a little gumbo on the side.

# JUWAN JOHNSON



"My wife and I like to cook together, although she does more of the cooking and I do more of the tasting. We really like this recipe for barbecue shrimp that we learned from Emeril Lagasse."

- JUWAN JOHNSON

Photo provided by Emeril's Restaurants

Recipe courtesy Chef Emeril Lagasse, all rights reserved

# NEW ORLEANS BARBECUE SHRIMP

*Emeril's*

EMERIL'S RESTAURANT

800 TCHOUPITOUAS ST, NEW ORLEANS, LA 70130

CONTEMPORARY AMERICAN

🕒 **PREP: 30 MINS TOTAL: 2 HRS**

🍽️ **SERVINGS: 6 SERVINGS**

## INGREDIENTS

3 pounds large Gulf shrimp, in their shells  
Cracked black pepper  
2 tablespoons olive oil  
1/4 cup chopped onions  
2 tablespoons minced garlic  
3 bay leaves  
3 lemons, peeled and sectioned  
2 cups water  
1/2 cup Worcestershire sauce  
1/4 cup dry white wine  
1/4 teaspoon salt  
2 cups heavy cream  
2 tablespoons butter  
1 tablespoon chopped chives  
2 tablespoons Emeril's Essence or Creole Seasoning  
Biscuits or toasted bread, to serve

## PREPARATION

1. Peel the shrimp, leaving only their tails attached. Reserve the shells and set aside. Sprinkle the shrimp with 1 tablespoon Creole seasoning and fresh cracked black pepper. Use your hands to coat the shrimp with the seasonings. Refrigerate the shrimp while you make the sauce base.
2. Heat 1 tablespoon of oil in a large pot over high heat. When the oil is hot, add onions and garlic and sauté for 1 minute. Add the reserved shrimp shells, the remaining Creole seasoning, bay leaves, lemons, water, Worcestershire, wine, salt, and black pepper. Stir well and bring to a boil. Reduce the heat and simmer for 30 minutes. Remove from the heat, allowing to cool for about 15 minutes. Strain into a small saucepan, which results in approximately 1 1/2 cups.
3. Bring to a boil, over high heat and cook until thick, syrupy, and dark brown, for about 15 minutes. There will be about 4 to 5 tablespoons of barbecue sauce base. Heat the remaining 1 tablespoon of oil in a large skillet over high heat. When the oil is hot, add the seasoned shrimp and sauté them, occasionally shaking the skillet, for 2 minutes. Add the cream and all the barbecue base.
4. Stir and simmer for 3 minutes. Remove the shrimp to a warm platter with tongs and whisk the butter into the sauce. Remove from the heat. Mound the shrimp in the center of a platter. Spoon the sauce over the shrimp and around the plate. Arrange the biscuits around the shrimp. Garnish with chopped chives.