



Shrimp Linguini

Entrée

THIS RECIPE IS BASICALLY SHRIMP SCAMPI WITH PASTA.

“Scampi,” by the way, is the plural of “scampo” an Italian word for a type of shrimp, so, as many a dining-table wit will tell you, “shrimp scampi” is redundant.

This is easy to prepare and open to tweaking. Consider increasing the garlic and/or lemon juice. Leave out the bell pepper, Add a few handfuls of fresh spinach, a large tomato diced, or even a can of anchovies drained and chopped. You might replace the parmesan cheese with a couple of tablespoons of bacon bits. Coat the shrimp with Old Bay seasoning before adding it to the skillet. Use your imagination.

Be sure to taste-test the wine a few times while preparing this dish. I suggest a New Zealand sauvignon blanc.

You'll need:

1 lb. linguini

4 tbs butter
4 tbs extra-virgin olive oil, plus more for drizzling
¼ red onion, diced
¼ red, yellow, or orange bell pepper slivered
2 cloves garlic, minced
1 lb medium raw shrimp, peeled and deveined
1½ tsp salt
4 oz dry white wine
4 tsp of lemon juice
2 tbs grated parmesan cheese
¼ cup chopped parsley leaves (optional)
A pinch or two of red pepper flakes (optional)
Black pepper to taste

Do this:

Bring 4 quarts of water to boil in a large pot.

While waiting for the water to boil, place the butter and olive oil in a large skillet over medium heat. Add the onion, garlic, bell pepper, and red pepper flakes. Sauté until the onion is translucent. Keep warm.

Add the salt and the linguini to the boiling water. Stir immediately to stop the pasta from clumping.

Bring the water back to boil then lower the heat and simmer for 4-6 minutes or until done—the only way to tell is to sample a little.

When the pasta is done, pour it into a colander to drain.

Add the shrimp to the skillet. Stir fry until the shrimp is pink, about 2 to 3 minutes.

Add the wine, lemon juice, capers, remaining butter, olive oil and drained linguini to the pan and gently toss to coat the pasta. Drizzle more olive oil over the mixture if needed.

Dish onto individual plates, sprinkle with the parmesan cheese, parsley, and ground black pepper and serve.

This makes six servings. If there aren't six of you, refrigerate the remainder to be warmed up another day.

Servings 6

525 calories each

Satisfaction factor: 99