

Cleo Coyle's Shrimp Scampi with Angel Hair

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You will not find a recipe for "shrimp scampi" among the 1200+ pages of *The Professional Chef*, the cookbook of the CIA. (No, not the dudes with black helicopters, the *Culinary Institute of America*. :-) You will not find "shrimp scampi" in a cookbook of authentic Italian dishes, either. Like me, shrimp scampi was born in America; and on United States restaurant menus, ordering this dish usually means you'll be getting a gratin of large shrimp that have been split, brushed with plenty of butter & garlic, and then broiled. Some restaurants like to serve it over pasta or rice. A famous chain of American seafood restaurants has long been known for its scampi.



My scampi is not a copycat recipe from that particular menu. It's an improvised, lighter version. The dish is satisfying yet healthy: garlic, olive oil, fresh parsley, and seafood--all good stuff. You can make it even healthier by using a spinach, whole wheat, or low glycemic index pasta. *Eat with joy!* ~ Cleo

Servings: about 4

Ingredients:

20-24 Large Shrimp (*fresh or frozen*)
16 ounces pasta (*1 box is usually 16 oz or 1 pound*)
5 tablespoons olive oil
6-8 cloves garlic (*roughly chopped*)
1 tablespoon butter
1/2 cup chopped fresh parsley (*or 1/4 cup dried, but fresh tastes better!*)
1/4 cup Italian seasoned breadcrumbs (*I use Progresso or 4C brand*)
1/2 teaspoon oregano (*dried is ok here*)

(*Optional finishers*) Freshly ground pepper; a quick squeeze of fresh lemon wedge (or a bit of lemon zest grated over the top); sea salt; or freshly grated Pecorino Romano.

Directions:

(1) First clean and peel your shrimp. *(If using frozen, defrost first.)* Then make your pasta according to the package directions. I like angel hair but any pasta will work. *(To make this dish even more healthy, try spinach, whole wheat, or a specialty pasta with a low glycemic index.)* Drain well and set aside.

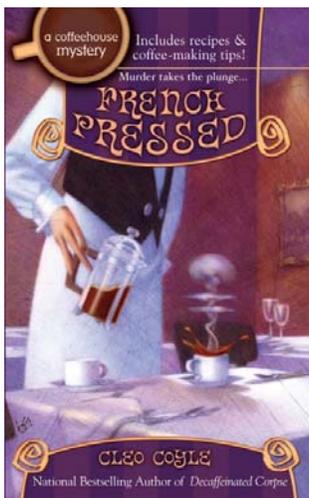


(2) Heat olive oil in a large skillet over medium heat. Throw in the chopped garlic cloves and sauté for a minute or two. Toss in your shrimp. When the little fellas begin to turn pink *(3 to 5 minutes, do not overcook, or shrimp will be tough and rubbery)*, stop the cooking. Leave the oil in the pan but take out the shrimp and garlic and set those aside.

(3) Add the butter to the pan. When the butter melts, add your drained pasta to the pan, rolling around to coat well with the oil and butter. Toss in the Italian seasoned breadcrumbs, parsley, and oregano. Now put your shrimp back into the pan to warm it up again.

(4) There is no need to add the chunks of garlic back in because the garlic has already imparted its flavor to the oil. However, if you really like garlic (as we do), then throw it back in there, baby! Toss all ingredients together and serve!

Finish: Although there is much debate about whether to serve seafood pasta dishes with cheese, I do enjoy grating some nice, salty Pecorino Romano cheese over the top. Freshly ground pepper is also nice on this dish and/or a squeeze of lemon.



Eat with Joy!

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