

Spaghetti, Frutti di Mare

Recipe from Father Christopher J. Pujol

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INGREDIENTS:

- ½ pound shrimp
- ½ pound spaghetti
- 3 teaspoon crushed red pepper flakes
- 1 lemon, zested and sliced
- 4 cloves garlic
- 1 shallot, chopped fine
- 1 pound cherry tomatoes, sliced
- 1 tablespoon tomato paste
- ¼ cup white wine
- Good olive oil
- Pasta water, as needed
- Fresh flat leaf parsley
- Salt and pepper

DIRECTIONS:

Place the shrimp in a bowl and marinate with one clove sliced garlic, lemon slices, about 1 tablespoon of olive oil, salt, pepper and ½ teaspoon red pepper flakes. Other fresh seafood can be used and added, such as calamari, mussels, baby clams, or scallops.

Bring a large pot of lightly salted water to a boil, over high heat. Add spaghetti and cook according to package directions until al dente.

DIRECTIONS continued:

While the water is coming to a boil, prepare the sauce – it is simple and fresh. Add a generous amount of olive oil to a large shallow pan. When oil is getting warm, add red pepper flakes, sliced cherry tomatoes, garlic, and the shallot. Cook until fragrant and the tomatoes release their juices, adding salt, pepper, and tomato paste. Add the white wine and stir, developing the sauce.

When the pasta is almost finished, prepare shrimp (and other seafood) in a small pan. Cooking them with the marinade in olive oil, undercooking them slightly, finishing them with a splash of white wine.

DIRECTIONS continued:

Add pasta directly from the water into the sauce and toss. Add some starchy pasta water and keep tossing as the sauce thickens and develops. Add a handful of fresh chopped parsley and toss. Add the cooked shrimp to the pasta and toss.

Serve with lemon zest on top.





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