



Shrimp Alfredo

Troy McKinney

Pasta

2 ½ gallons of water
4 tablespoons salt
2.25 lbs spaghetti

Alfredo

8oz butter
6-8 cloves garlic
8oz flour
1/2 cup pasta water (hot)
1 quart heavy cream
1 tablespoon garlic powder
1 tablespoon onion powder
2 oz Parmesan cheese
Salt and pepper to taste

Shrimp

Marinate shrimp 20-30 mins
1 ½ (72) medium-sized shrimp - butterfly
1 tablespoon Italian seasoning
1 teaspoon Salt
1 teaspoon Pepper
1 teaspoon garlic powder
1 teaspoon onion powder
6 cloves garlic
½ cup olive oil

4 oz butter for the cooking process

Garnish

2 Lemon - for 12 wedges
Parsley to garnish
Parmesan cheese

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Instructions

Mise en place all cookware and ingredients.

Start by heating the pasta water and adding salt. While you wait for the pasta water to come to a rolling boil, butterfly and marinate your shrimp. If water comes to a boil add spaghetti and cook for 8-10 mins then drain and lightly coat with olive oil to prevent sticking.

Make the alfredo by melting 8 oz butter, add minced garlic, and cook for 3-5 minutes on medium heat. Add flour and whisk to make a roux, and cook for an additional 4 minutes for a light blonde color. Add the half cup of pasta water to roux once fully incorporated and add the heavy cream incrementally allowing it to come back to temp. Then season with the parmesan cheese, onion/garlic powder as well as salt and pepper to taste.

Before plating, saute the shrimp in 4 equal batches using 1 oz of butter per batch, cook from opaque til red roughly 1 ½ minutes per side, do not overcook.

Toss pasta in alfredo sauce, plate then place shrimp on top of pasta.

Garnish with a light dusting of Parmesan cheese, parsley, and a lemon wedge.