

# SHRIMP ALFREDO WITH SAUTÉED SPINACH

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## Alfredo Sauce

### Ingredients

|         |                                   |
|---------|-----------------------------------|
| ½ cup   | Butter                            |
| 1 tbs   | Flour                             |
| 1 ½ cup | Heavy Whipping Cream              |
| 2 tsp   | Minced Garlic                     |
| ½ tsp   | Nutmeg                            |
| ½ tsp   | White Pepper                      |
| 2 cups  | Freshly Grated<br>Parmesan Cheese |

### Instructions

1. Melt butter in sauce pot over medium heat, add flour and whisk smooth to make Roux. Cook for 2 minutes constantly stirring.
2. Once smooth, add cream and bring to a simmer for 2 to 3 minutes.
3. Whisk in the garlic, nutmeg, white pepper, and salt for one minute.
4. Whisk in the parmesan cheese in small amounts at a time all until melted and smooth texture.

# SAUTÉED SHRIMP & SPINACH

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## Ingredients

1lb Medium Shrimp  
(peeled, deveined and tails off)

1tbs Minced Garlic

2 tbs Butter

1 tsp Dried Oregano

1 tbs Lemon Juice

2tbs Unsalted Butter

6oz Fresh Spinach

2oz White Wine

Salt & Pepper to taste

## Instructions

1. Heat large skillet or fry pan on high heat. Add butter and melt (remembering not to overheat the skillet/pan because butter can burn)
2. Add garlic and shrimp to skillet and sautéed on high heat for about 3 to 4 minutes until shrimp is fully cooked. (shrimp will turn bright pink in color, do not over cook shrimp will become rubbery and hard to chew)
3. Add oregano, lemon juice, salt and pepper and stir.
4. Remove shrimp and set aside.
5. Add butter to pan and melt. Add fresh spinach a hand full at a time sautéing on med-high heat and constantly stirring, cooking spinach just until wilted.
6. Add white wine to deglaze the pan and add shrimp back into pan and stir.
7. Add cooked handmade pasta and desired amount of alfredo sauce, stir, plate up and enjoy.

# HANDMADE PASTA

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## Ingredients

|          |                        |
|----------|------------------------|
| 4 large  | Egg (room temperature) |
| 2 ½ cups | All Purpose Flour      |
| 1 tbs    | Olive Oil              |
| 1 tsp    | Sea Salt (fine grind)  |

## Instructions

1. Place the flour in a mound on a large cutting board. Use your fingers or a spoon to create a good-sized well in the middle of the flour mound (kind of like a volcano). Add the eggs in the center of the well. Sprinkle the salt and drizzle the olive oil on top of the eggs
2. Use a fork to begin whisking the eggs until they are combined. Then begin to gradually whisk some of the surrounding flour into the egg mixture, adding more and more until the egg mixture is nice and thick. (If some eggs accidentally spill out, no worries, just use your hands or a bench scraper to pull them back in.) Use your hands to fold in the rest of the dough until it forms a loose ball. Knead the dough for about 10 minutes or until the dough is smooth and elastic, sprinkling some extra flour on the cutting board if needed to prevent sticking or if the dough seems too wet or sticky. (That said, if the dough seems too dry, add in an extra tablespoon or two of water, but you want the dough to be airy dry.)
3. Form the dough into a ball with your hands and wrap it tightly in plastic wrap. Let the dough rest at room temperature for 30 minutes. Use immediately or refrigerate for up to 1 day.
4. Roll out the pasta dough into your desired shape, either by hand or using a pasta maker (see notes above). Cook the pasta in a large pot of generously salted boiling water until it is al dente, usually between 1-5 minutes depending on the thickness of your pasta. Drain and use immediately. (If letting pasta sit for a few minutes or refrigerate for later, then mix 1 tsp of oil to keep the noodles from sticking together)