Shrimp & Pasta a la Pizzaiola

Salmon River Outfitters, Idaho



Servings: 8

While we were on a gourmet, white water rafting trip in Idaho several years ago, we were amazed at the wonderful food they managed to prepare riverside with nothing but a couple of very large ice chests. So, I had to buy the Salmon River Outfitter's book, which included their most prized recipes from the trip. Halfway into the week-long trip we found out they have a kitchen helper who does a great deal of the food prep before they leave every week. They still managed to produce some pretty incredible meals with fresh vegetables, fruit, a campfire and a good cookstove or two.

2 pounds medium shrimp, raw

1 teaspoon pickling spice

2 pounds pasta, linguine preferred

MUSHROOM SAUCE:

1/4 pound mushrooms, fresh, sliced

2 teaspoons olive oil

1/4 cup fresh basil, sliced

1/4 cup fresh parsley, minced

1 clove garlic, minced

2 tablespoons fresh lemon juice

1 cup cherry tomatoes

2 tablespoons capers

PIZZAIOLA SAUCE:

3 tablespoons olive oil

2 cloves garlic, minced

1/2 whole red bell pepper, thinly sliced

3 whole tomatoes, chopped

1 teaspoon fresh oregano, minced

1 dash salt

1 dash pepper

1 teaspoon sugar

1/4 cup dry red wine

TOPPINGS:

3 1/2 ounces Feta cheese, crumbled

1/3 cup Romano cheese, or Parmegiano, shredded

3 tablespoons basil leaves, sliced

Serving Ideas: Green salad, crusty bread, a glass of wine and thou.

Carolyn T's Blog - Tasting Spoons: http://tastingspoons.com

1. Bring 1 quart of water to a boil and add pickling spice and shrimp. Simmer for 3-4 minutes, or until shrimp turns pink and curls. Cool under cold running water, peel and devein.
2. Heat olive oil in large skillet. Add mushrooms and garlic and sauté for about 5 minutes. Add basil and parsley, then shrimp and lemon juice, and cook for about 5 minutes. Add Piazzaiola Sauce and heat through.
3. In a large kettle, bring a large quantity of water to a boil and add the pasta of your choice and cook until al dente. Rinse in hot water, drain briefly, then toss with shrimp/sauce mixture. Add Feta, capers and cherry tomatoes, then sprinkle with Romano and serve immediately.
4. PIZZAIOLA SAUCE: In a large kettle heat olive oil until a light haze forms over it. Remove from heat and add garlic and bell peppers. Stir while it cooks, off the flame. Peel, seed and chop the tomatoes. Add oregano, salt, pepper, basil, sugar and red wine. Add to mushroom mixture.

Per Serving (excluding unknown items): 679 Calories; 14g Fat (19.2% calories from fat); 42g Protein; 92g Carbohydrate; 4g Dietary Fiber; 188mg Cholesterol; 436mg Sodium. Exchanges: 5 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.