



Sugar Apple

Posts From The Caribbean

Pasta with Shrimp and Cream

First, a discussion about seafood and cheese. I'd always heard that you never, ever, upon pain of death or, at the least, dismemberment, served cheese on a pasta containing seafood. I took that as gospel. And then I travelled to Italy. To the Maremma to be exact.

Where they served a lot of pasta with seafood sauce (one of the best things I've ever eaten). I dutifully rejected the offer of parmesan until I noticed that all (as in *every single one*) of the Italians ate theirs with a light dusting of parmesan. I've since come to learn that culinary customs in Italy vary enormously from area to area and village to village. In the Maremma, they eat their pasta with cheese.

And while I think that parmesan would be too assertive to serve with a delicate sauce made with fish or squid, the saltiness of a good parmigiano reggiano is a perfect partner for the sweetness of shrimp. It's my blog, so I'll offer parmesan with shrimp. And Audrey agrees.

1 pound of shrimp, peeled and deveined
1 stick of butter (approximately)
1/2 pint of heavy cream
a handful of freshly grated parmesan cheese
1 pound of dried pasta (fettucine or linguine would work well)
salt and freshly ground pepper to taste
chopped fresh parsley to garnish

Put a large pot of water on to boil. When it comes to a boil, season with a few tablespoons of salt and put the pasta in to cook.

In the meantime, melt half the butter in a large skillet over medium heat. When the butter is melted, put in the shrimp and let it cook for a minute or two, until it turns pink. Add the cream and bring to a boil. Boil for a minute or two. At this point, the butter might have cooked away so add the rest of the butter. (And you can't have too much butter, right?)

Drain the pasta and reserve some of the pasta cooking water in a cup. Add the pasta to the skillet, and toss to mix. Add a bit of pasta water if needed to loosen up the sauce. Add in a handful of parmesan cheese and toss together. Season to taste with salt and pepper and serve immediately, sprinkled with fresh parsley. This is very rich and will serve 6 as a main course.

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from the article *Cuchina di Bambini* posted on August 28, 2009