

ARTS FOR ALL

Virtual Y Arts: Culinary Arts
YMCA OF PIERCE AND KITSAP COUNTIES



Money Saving Meals: Shrimp Scampi

Time: 25 minutes
Prep Time: 5 minutes
Cook Time: 20 minutes

Recipe by: Lindsey Funston

Supplies/ Materials:

- Large Stock Pot
- Chef's knife
- Cutting board
- Spatula or large mixing spoon
- Large skillet
- Measuring spoons
- Stove top or standalone burner



Ingredients

12 oz spaghetti
3 Tbsp butter
3 cloves garlic, minced
1 lb medium shrimp, peeled and deveined
1 cup dry white wine

Juice of 2 lemons, plus zest of 1
1 tsp crushed red pepper flakes
Kosher salt
Freshly ground black pepper
Fresh parsley, for garnish

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Preparation

Activity	Instructions
Kitchen Safety	<p>Wash hands with soap and warm water for 20 seconds.</p> <p>Dry hands and begin energy bite preparation.</p>
Time for "Mise En Place" (a French term that means "to put everything into place")	<p>Collect all cooking utensils/ingredients and arrange for optimal use.</p> <p>Thoroughly rinse shrimp in a colander, set aside.</p> <p>Rinse lemons and garlic. Once rinsed, mince garlic. Zest lemons and then cut in half, set aside.</p>
Prepare Scampi	<p>In a large pot of salted boiling water, cook spaghetti according to package directions until al dente. Drain, reserving 1/2 cup pasta water, and return to pot.</p> <p>Meanwhile, in a large skillet over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute, then add shrimp and cook until pink, 3 minutes.</p> <p>Add wine, lemon juice and zest, and red pepper flakes (if using). Season with salt and pepper to taste.</p> <p>Add spaghetti and toss to coat, adding reserved pasta water 1 tablespoon at a time until saucy.</p> <p>Garnish with parsley before serving.</p>