

## Super Simple Shrimp Scampi

National Shrimp Scampi Day is on April 29<sup>th</sup>. On this day, we pay tribute to the delicious dish of shrimp cooked in creamy butter, garlic, tangy lemon juice, and a hint of white wine flavor. It's oh so tasty!

Scampi are small lobster-like crustaceans. When immigrants moved to the United States, scampi was very hard to find, so the original recipe was changed to use shrimp and cooked in the same manner the scampi were, which led to the name shrimp scampi.

The term "scampi" is also the name of a dish of shrimp served in garlic butter wine sauce, served alone, with bread or over pasta. Celebrating Shrimp Scampi day can take place at your favorite Italian restaurant while ordering up this classic dish of seafood. While this is an easy option, making shrimp scampi at home is simple and can give you the same delicious results.

The key to making the best Shrimp Scampi is using high-quality ingredients. Using fresh herbs and garlic versus dried versions makes all the difference when making your butter sauce, and of course, the shrimp is the star ingredient. Prepare the dish using fresh or frozen shrimp. When serving the dish, add a side of pasta, steamed vegetables or green salad, and crusty bread or rolls.

Any size of shrimp can be used to make shrimp scampi. When buying shrimp, it is important to know that shrimp sizes are labeled with numbers, such as 21/25 or U/25. When there is a "U" in the count, this label shows that there are "under" that number of shrimp in a pound. The slash between numbers signifies a range of shrimp in a pound. For example, U/25 shrimp contain fewer than 25 shrimp per pound. 21/25 represents 21 to 25 shrimp to a pound. The smaller the numbers, the bigger the shrimp. Sometimes, the shrimp will be labeled as medium or large, alongside the number. The seafood industry doesn't have a standard set for these terms, so while one brand call 16/20 shrimp "Extra Jumbo," another might call them "Colossal."

With Shrimp Scampi, it's all about the sauce! Properly making the sauce is just as important as choosing and preparing the shrimp. Let me describe just how easy it is to prepare.

You start by searing the shrimp. This step will give the shrimp a golden-brown crust and provide "fond" in the bottom of your pan that you will use to build your sauce. Fond is the brown particles found at the bottom of pans after browning meat or vegetables. The fond is dislodged from the bottom of the pan by deglazing.

At this point, you will add freshly minced garlic and shallots to the pan and saute them. Now, you will add the white wine to "deglaze" the caramelization from the pan.

Next, mix in red pepper flakes, lemon juice, and lemon zest. Simmer until you have reduced the liquid by half. The alcohol will "cook off," and only the color and aromatic flavors of the wine will remain. Chicken broth can also be substituted for wine.

Turn the heat to low and finish off your pan sauce with some high-quality butter and freshly chopped Italian parsley, adding the shrimp and some cooked pasta back into the pan and swirling to combine. Shrimp scampi is best eaten when it is freshly prepared. When overcooked, the shrimp become chewy.

Cover and refrigerate leftovers for up to 4 days. You can freeze the dish for up to 2 months.

For shrimp and pasta lovers, this dish is perfect. This recipe is relatively simple. Relax and savor a great meal and time with your family and friends while enjoying this fresh and flavorful entrée.

## **Shrimp Scampi**

Serves: 4

### Ingredients

1 Tablespoon olive oil  
1 1/2-2 pounds peeled and deveined 21/25 raw shrimp  
Crushed red pepper flakes, sea salt, and pepper, to taste  
4-6 garlic cloves, finely minced  
1 shallot, finely chopped  
1/4 cup dry white wine or chicken broth  
1/2 teaspoon lemon zest, minced  
juice of 1 lemon or 2-3 Tablespoons  
1 1/2 Tablespoons chopped parsley  
1/2 stick unsalted butter, cubed  
1 lb. thin spaghetti or angel hair pasta, cooked

### Instructions:

Heat oil in a 12" skillet over medium heat; season shrimp with salt and pepper, and add to skillet. Cook, turning once, until beginning to turn pink. Do not overcook! Transfer to a plate; set aside. The shrimp may need to be cooked in batches to avoid overcrowding the pan.

Add garlic, shallots, and red pepper flakes, to the skillet; cook until soft, about 3 minutes.

Next, add in the wine, lemon zest, and lemon juice; cook until reduced by half, about 5 minutes. Finish by stirring in the parsley and butter until combined.

Add the cooked pasta and shrimp; toss until combined.

(Sources: [www.cooksinfo.com](http://www.cooksinfo.com); [foodchannel.com](http://foodchannel.com); [www.foodnetwork.com](http://www.foodnetwork.com); [seafoodhealthfacts.org](http://seafoodhealthfacts.org))