

Recipe for Shrimp Fresca

The Chart House, Chef Gregory Harris

Makes 4 servings

You will need: 20 large shrimp peeled and de-veined

1 $\frac{1}{2}$ cup fresh grated Parmesan Cheese	2 quarts peanut oil or canola oil
2 $\frac{1}{2}$ cup all purpose flour	16 oz weight cooked pasta (angel hair)
2 eggs	3 cups seeded and diced Roma Tomatoes
1 cup milk	$\frac{1}{2}$ cup basil chiffonade*
2 Tbsp minced garlic	2 tsp kosher salt, 1 tsp black pepper
1 Tbsp minced shallots	3 Tbsp olive oil
$\frac{1}{4}$ cup heavy cream	1 lb salted butter cubed (room temp)
	2 oz weight Dungeness crab claw meat

- Begin by combining the diced romas, minced garlic, fresh basil chiffonade*, olive oil, salt and pepper in a mixing bowl.
- Combine the flour and Parmesan Cheese until thoroughly incorporated.
- Next, whisk the eggs with the milk. After the shrimp are peeled and de-veined, take your thumb and gently press on the slit for the vein to widen the cut, just slightly at the head end of each shrimp. Dip the shrimp in the egg wash, followed by the Parmesan Flour. Reserve on a sheet of wax paper.
- In a 2-quart saucepan, melt 1/3 of the butter. Add the minced shallots and sauté for about 2 minutes. Add the heavy cream and reduce for another 2-3 minutes. Remove from the heat and slowly incorporate the remaining butter, small amounts at a time, and reserve. This is a shallot buerre blanc.
- Heat the peanut oil in a pot or wok, to 350 degrees. Deep-fry the shrimp for about 3-5 minutes (depending on size). While the shrimp are cooking, in a sauté pan, add some shallot buerre blanc to the tomato-basil Fresca (how much depends on how much you prefer). Heat the sauce and toss in the pasta. (If your pasta is cold, then you may want to heat it in a hot water bath prior to placing it in the sauce). Place the pasta centered on the plates.
- Remove the shrimp from the oil, allow to drain. Place five shrimp on each plate, evenly around the pasta. Heat the crabmeat** and place in the center of the pasta. Garnish with a fresh basil sprig and serve.

*Basil Chiffonade is when you take fresh, de-stemmed basil leaves and stack them, roll them like a cigar, and slice them about 1/8th inch thick. Then unfurl into ribbons of fresh basil.

** You can heat the crab meat in a bath of hot water and a tab of butter, or just microwave it for a couple of seconds, if you wish.

Presented at the Gourmet Food and Wine Pavilion, Monterey County Fair, August 2003



Sponsored by Clementine's Kitchen, Tools and Techniques for the Home Chef, located in the Stone Creek Shopping Village at Hwy 68 and Canyon Del Rey, one mile east of the Monterey