

Send Us Your Recipes!

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Cooking with the Club

with Chef Robert Larios



LINGUINE WITH SHRIMP, GARLIC AND ASPARAGUS

Italian cuisine is my favorite to make when I am home. It feels like home cooking.

When I have a little extra time, I will make homemade pasta instead of buying the dried pasta at the grocery store. It cooks much faster than dried pasta, so care must be taken not to overcook.

For this month, I have made a pasta dish here that doesn't include a tomato-based sauce. Extra virgin olive oil acts as the sauce in this dish, so if you can, get a quality bottle. Email me if you would like some suggestions on brands.

Lastly, although the ingredients and their quantities are listed, please view them as a recommendation. You are free to add more or less of any these ingredients. Some of you may want more shrimp or more olive oil. Italian cooking is all about improvisation, so experiment!

Linguine with Shrimp, Garlic and Asparagus

Serves 4 to 6

INGREDIENTS:

- 1/2 pound linguine pasta
- 2 tablespoons extra virgin olive oil
- 2 tablespoons white wine (optional)
- 2 tablespoons grated Parmesan cheese
- 2 cloves garlic, minced
- 2 tablespoons dried parsley
- 3 stalks asparagus
- Pinch of salt and pepper
- 1/2 to 1 pound medium shrimp (peeled and deveined)
- Pinch of hot red pepper flakes

Cooking TIDBIT

Make sure the pasta is semolina; the ingredient tends to absorb water less than pasta that doesn't have it. Check the ingredients list on the pasta packaging.

[A Cook's Dictionary]



Linguine:

Italian for "little tongues," linguine are long, narrow, flat noodles sometimes referred to as "flat spaghetti."

Bibliography: © Barron's Educational Services, Inc. 1995, based on *The Food Lover's Companion*, second edition, by Sharon Tyler Herbst.

Food Quote

"I asked the waiter, 'Is this milk fresh?' He said, 'Lady, three hours ago it was grass.'"

– Phyllis Diller

DIRECTIONS:



1 Prepare your ingredients. Wash the asparagus and shrimp. Grate the cheese, mince the garlic and devein the shrimp. Boil the water in a pot and add a tablespoon of olive oil, salt and pepper. Let the seasoned water come to a boil. Then add the linguine and let cook for about 10 to 15 minutes. Do not overcook.



3 Remove the water from the pasta with a strainer. And then add the cooked shrimp to the pan. Mix the ingredients and add more olive oil if the pasta begins to stick. Turn off the heat and let cool. Add Parmesan cheese and dried parsley at the top of the pasta that is on the plate.



2 Place another pan over medium heat and add the minced garlic, diced asparagus, red pepper flakes, shrimp, salt and pepper. Let cook until the shrimp and asparagus have cooked thoroughly. Add a lid to cover the pan to help with the cooking process. Stir occasionally.



4 Plate the pasta on the center of the plate and add some more Parmesan cheese and sprinkle the dried parsley around the plate.



5 Serve and enjoy!