

Spaghetti Aglio e Olio

SEAFOOD FEATURED: Oregon Pink Shrimp

by Chef Caren Braby of ODFW, adapted from a recipe by Oregon commercial fisherman Brad Pettinger

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">● 16 ounces Spaghetti● 1 pound Oregon Pink Shrimp (drained, not washed)● 8-10 Garlic Cloves, thinly sliced crosswise● ¾ cup Extra Virgin Olive Oil● ¾ cup Pecorino Romano Cheese, finely grated● ½ tsp red pepper flakes● ½ cup fresh Italian Parsley, chopped● 2 Tbsp Fresh Basil, chopped● Salt, to taste and for pasta water● Pepper to taste	<ul style="list-style-type: none">– Bring pot of water to boil, add salt, then the spaghetti.– At the same time, heat the olive oil in a saucepan, gently sautéing the sliced garlic and pepper flakes over a low heat (200-210 degrees).– After about 5 mins, add ¾ cup of the pasta water to the garlic oil, followed with about half of the parsley.– When the pasta is cooked al dente, drain the water and return the pasta into the pot.– Pour the garlic and olive oil over the pasta, add the cheese, remaining parsley and basil while stirring gently, followed with the pink shrimp.– Serve immediately.

RECIPE SOURCE: Brad Pettinger, Fisherman | CHEF: Caren Braby | #EatOregonSeafood

WEBSITE: www.eatoregonseafood.org