

Pasta with Seafood Medley Alfredo Sauce



TIP: This recipe features a succulent and light **seafood medley** (shrimp, calamari rings & bay scallops), **crushed garlic**, **grated Parmesan & Romano cheese**, **fire roasted yellow & red peppers** and an optional shot of **balsamic vinegar** for a well balanced, quick & easy, fully flavorful meal. The recipe also substitutes **evaporated milk** for **heavy cream**, which far reduces the fat and calorie content making this a comfortably lighter version of Alfredo sauce.

Preparation Time: 5-10 minutes

Cooking Time: 20 – 25 Minutes

Ingredients

(for 2-4)

- 2 Cups or ½ Pound of Pasta (I'm using whole wheat rotelle but any pasta will work)
- ½ - 1 Pound Seafood Medley (or any seafood)
- 1 Teaspoon Crushed Garlic
- 1 Tablespoon Olive Oil
- 12 Ounce Container (unsweetened) Evaporated Milk
- 1 Cup Grated Parmesan & Romano Cheese
- 3-4 Fire Roasted Yellow & Red Peppers
- Freshly Ground Black Pepper
- Balsamic Vinegar (optional)

Equipment

- Small Bowl
- Teaspoon
- Tablespoon
- Sharp Knife
- Cutting Board
- Can Opener
- Measuring Cup
- Medium Sized Pot
- Colander
- Timer



1. Pour ½ - 1 full pound bag of **frozen seafood** into a colander (I used ½ pound for this recipe), rinse under cold water and let sit for 10-15 minutes to thaw (you can rinse with more cold water every few minutes to speed up defrosting, but avoid using warm water to prevent premature cooking).



...what you have looks about like this.



2. Pour the **defrosted seafood blend** into a small bowl (1), add **1 teaspoon crushed garlic** (2), **1 tablespoon olive oil** (3) and...

3. Fill a medium sized pot about half full with **cold tap water** (1), put the pot on the stove (2) and turn on the burner heat to **HIGH** (3).



4. While the **water** warms, clean the colander with warm water and dish soap as shown in (1) & (2) to avoid contamination with **cooked pasta** later.

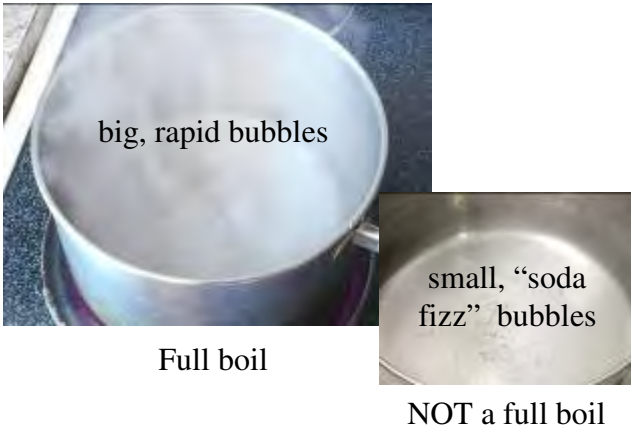
...mix together (4) until...

(1)

(2)



4. When the **water** comes to a full, big bubble boil (beyond the “soda fizz” boil shown in the small photo below),...



...let the **water** come back to a full boil (4), turn down the burner heat to **MEDIUM** to prevent boil over (5), and cook until the timer sounds.



...check the pasta package for the recommended cooking time and set the timer for the shorter cooking time as the **pasta** will soak up more liquid when the **evaporated milk** is added in step 7. My package recommended cooking 9-11 minutes for **al dente (to the teeth) pasta**, so I set the timer for 9 minutes (1). Then,...

5. While the **pasta** cooks, put a colander in the sink (1), shake and open a can of **evaporated milk** (2),...

(1)



(1)



(2)



...add **2 cups or ½ pound of pasta** to the boiling water (2), stir (3),...

...measure **1 cup of grated Parmesan & Romano cheese** (3) and cut **3-4 fire roasted yellow & red peppers** into bite sized pieces (4).



(3)



(4)



6. When the timer sounds, pour the **pasta** and **hot water** into a colander in the sink (1). Then,...



7. As soon as the **seafood blend** is safely cooked through, add **one 12 ounce can of evaporated (unsweetened) milk** (1), stir occasionally (2) and cook for 1-3 minutes until steam starts to rise. Then...



...put the pot back on the stove, leave the stove heat at **MEDIUM**, add the **seafood blend** (2), stir every minute or so (3) and...



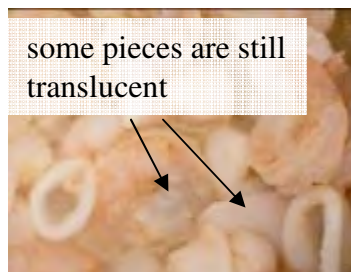
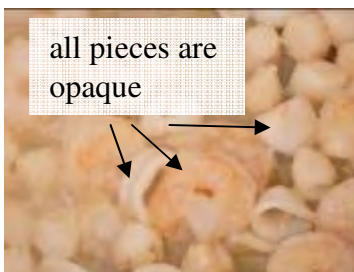
...add the **cooked pasta** (3), **chopped fire roasted yellow & red peppers** (4), **1 cup of grated Parmesan & Romano cheese** (5), and...



...cook until **all the seafood is opaque** as shown below left. **NOTE:** For comparison's sake, **UNDERCOOKED SEAFOOD** is shown in the photo below right. If your **seafood** looks like the photo on the right, continue stirring and cooking until it looks safely cooked through as shown below left.

SAFELY COOKED SEAFOOD BLEND

UNDERCOOKED SEAFOOD BLEND



...turn off the stove heat (to prevent the pot from burning) (6).

(6)



8. Gently stir (1) and keep stirring for 2-3 minutes (2) until the **evaporated milk** and **cheese** thicken and blend together smoothly as shown in (3).

NOTE:

Thickening will take a few minutes. Please try to resist the urge to add more **grated cheese** right away to thicken the **sauce** otherwise you'll end up with a very stiff, **overly cheesy sauce**. One way to help resist that urge is to remove the pot from the heat for a few minutes, come back and stir, and the **pasta and sauce** should look like the photo in (3).

9. Serve warm (1) and either have as is or...

(1)



...topped with your choice or a combination of **additional grated Parmesan cheese** (2), **ground black pepper** (3) and/or an **optional shot of balsamic vinegar**.



2



3



4



1



2



3