

Shrimp with Pasta Florentine in a Pesto Artichoke Cream Sauce



Makes:

15 servings

Utensil:

Mega Skillet Limited Edition
7 Qt./6.6 L Roaster with Cover
10" Chef's Gourmet Skillet

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Recipe:

Contributed By:

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Personal chef to former U.S. President
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Recipe Description:

Looking for dinner recipe ideas? This gourmet Italian pasta recipe is ideal for dinner parties.

Pasta and Spinach Florentine

1½ pounds
whole grain spaghetti
(680 g)
¼ cup
water
(60 mL)
8 ounces
fresh spinach
(227 g)
1 pinch
sea salt

Pesto Artichoke Cream Sauce

1
cup red onion, finely chopped (160 g) 1
tablespoon garlic, minced (15 mL) 2
cup white cooking wine (120 mL) 4
pounds (about 26 - 30) large shrimp (900 g) 2
cups heavy cream (950 mL) 1
tablespoon Dijon mustard (15 mL) 1
tablespoons basil pesto, prepared (30 mL) 12

cup Parmesan cheese, (50 g) medium lemon, juiced
 grated
Garnish
 ounces artichoke hearts, quartered and (340 g)
 halved

salt to **Directions:**
 taste

1. In 7 Qt. Roaster, add enough water to cook pasta and bring water to a boil. Add $\frac{1}{2}$ cup red pepper, finely diced until water returns to a boil. Cook pasta until slightly tender, or al dente, approximately 10 - 12 minutes. Strain pasta to remove all water. Return pasta to 7 Qt. Roaster and set aside.
2. Preheat 10" Chef's Gourmet Skillet on medium heat. When several drops of water sprinkled on pan skitter and dissipate, add $\frac{1}{4}$ cup water, spinach and a pinch of sea salt. Toss generously for 1 - 2 minutes, just enough to allow spinach to wilt. Toss spinach with pasta.

Pesto Artichoke Cream Sauce

1. Preheat Mega Skillet on medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onions and garlic. Sauté for 1 - 2 minutes until slightly translucent.
2. Add white cooking wine and shrimp, and sauté until shrimp is slightly pink. Remove shrimp and set aside.
3. Add heavy cream and Dijon mustard. Whisk and bring cream to a slight simmer. Cook the sauce until the cream is reduced by half, approximately 5 - 8 minutes, with the lid slightly cracked.
4. Once the sauce begins to thicken, add pesto, Parmesan cheese and lemon juice. Whisk to blend. Fold in shrimp and prepared artichokes and toss gently. Reduce heat to low and allow cream sauce to simmer for an additional 10 minutes. Add salt to taste.

Assembly

1. Serve Pesto Artichoke Cream Sauce over pasta and spinach.
2. Garnish with red peppers, parsley and Parmesan cheese.
3. Serve with Grilled Ciabatta Bread as a compliment (see Tips for quick recipe).

Tips:

- To prepare Grilled Ciabatta Bread, melt 4 ounces (113g) butter with 1 tablespoon (15mL) prepared basil pesto in the 1 Qt. Sauce Pan. Brush each side of 1 loaf Ciabatta bread with butter mixture and place on preheated Square Griddle for 1 - 2 minutes on each side, until slightly toasted.
- For a low-fat alternative to this recipe, exchange heavy cream for low-fat milk or an alternative milk such as unflavored almond milk, soy milk or rice milk.
- To make homemade basil pesto, process in a blender or food processor: 1 cup (28g) fresh basil, 1 cup (28g) Italian parsley, 4 peeled garlic cloves, $\frac{1}{2}$ cup (68g) roasted pine nuts, $\frac{1}{2}$ teaspoon (2.5 mL) sea salt, $\frac{1}{2}$ cup (120 mL) olive oil, $\frac{1}{2}$ cup (50g) Parmesan cheese, and juice from $\frac{1}{2}$ a lemon, adding the olive oil slowly. Process until texture is slightly smooth. Refrigerate.

Nutritional Information per

▼ Serving

Calories: 493
Total Fat: 28g
Saturated Fat: 16g
Cholesterol: 182mg

Sodium:	228mg
Total	41g
Carbs:	
Dietary Fiber:	2g
Sugar:	1g
Protein:	23g
