

## BILL CHURCHILL'S RECIPE FOR PASTA WITH VEGETABLES AND SHRIMP

COMMENT: If you are preparing this on a fast day, omit the olive oil, or substitute a different oil, according to the practice of your church. If it is not a fast day, you can use meat or fowl in place of the shrimp. Or, enjoy a vegan meal by omitting the shrimp or shrimp substitutes.

PORTIONS: 1 large or 2 small

### EQUIPMENT

Large pan and colander *to cook the pasta and the shrimp and drain them*  
Large slotted spoon *to remove the shrimp from the water*

### INGREDIENTS

Pasta (usually spaghetti) *3 to 4 ounces by weight, or about 100 grams*  
Sun-dried tomatoes *6 halves, cut in strips*  
Broccoli florets *about as much as would cover the palm of your hand*  
Mushrooms, sautéed *about the same quantity as for the broccoli*  
Shrimp *3 to 4 ounces by weight, or about 100 grams*  
Salt and pepper *to taste*  
Olive oil *to taste*

### TECHNIQUE

1. Fill the pan with water, and put on high heat to boil.
2. Measure the pasta. When the water comes to a rolling boil, put the pasta in the water with some salt (a tablespoon, more or less, to taste) and a little olive oil (try about 2 tbs, and adjust to taste the next time).
3. Cut the tomato, and place in a small bowl. When the water boils, ladle a bit of it over the tomato to 'reconstitute' it.
4. Cut the broccoli into small pieces, wash, drain, put in a microwavable bowl, and cover lightly (so steam can escape).
5. Cook the broccoli on high for about 3 minutes, remove and drain.
6. If the mushrooms were sautéed beforehand, heat for three to four minutes in the microwave (I generally put them in with the broccoli).
7. If the mushrooms were not sautéed ahead of time, sauté them in a little oil, or cook them by another method. (Add garlic to taste.)
8. If the shrimp is fresh, prepare it by removing the shells and veins. If your pasta cooker has a built-in colander, set the shrimp aside, because you will cook it in the pasta water after the pasta is removed. Otherwise, boil the shrimp for three to five minutes (add seafood spices to taste). When done, the shell will generally turn pink, the flesh will generally be opaque white, and the shrimp may begin to float.
9. Place the broccoli, tomatoes and mushrooms in a bowl.
10. When the pasta is ready (*al dente*), remove it, drain it, and add it to the bowl with the vegetables. If you have a built-in colander, this works wonderfully, because now you can put the shrimp in that, and let it cook for about three to four minutes (if it was frozen, it may take a little longer).
11. Mix the pasta and vegetables with a fork in one hand and a spoon in the other, or with two forks.

## Bill Churchill's Recipe for Pasta with Vegetables and Shrimp

12. Add a bit of olive oil, if necessary, along with salt and pepper to taste.
13. When the shrimp is ready, drain it and add it to the other ingredients in bowl, and mix. (Remove any remnants of shell before adding the shrimp to the bowl.)
14. On appropriate days, enjoy with a good red or white wine. I like Chianti, Zinfandel and Chardonnay, but others would work well, too.

### NOTES:

1. Pasta: Linguine or penne may be easily substituted for spaghetti; use your imagination for other types.
2. Substitute any shellfish, or, on non-fasting days, pre-cooked meat or poultry for the shrimp, or enjoy a vegetarian meal by leaving these things out.
3. Grated Parmesan cheese is optional on non-fasting days. If the cheese is top grade Italian Parmeggiano, it would probably overpower shellfish, but probably not most meats.