

FRA DIAVOLO SHRIMP

Last Modified: 12/22/2018

PREP: 15 Min
COOK: 18 Min
STOVETOP

F EASY

ITALIAN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1 1/2	Pounds	Large Shrimp (31 / 35 Count)	Raw
5	Tbsp	Olive Oil	Divided
1	Medium	Yellow Onion	Slivered
3	Cloves	Garlic (Smashed)	Chopped
1	14 1/2 Oz	Can Petite Diced Tomatoes (Hunts)	
1	Cup	Dry White Wine (Chablis)	
1/4	Tsp	Dried Oregano	
3	Tbsp	Fresh Italian Parsley Leaves	Fine Chop
3	Tbsp	Fresh Basil Leaves	Fine Chop
1 +/-	Tsp	Dried Crushed Red Pepper Flakes	To Taste
1 +/-	Pinches	Sea Salt	To Taste

PREPARATION	
FACTOID	An easy, quick Italian dish that you can enjoy often. A spicy Tomato Sauce with Shellfish that is almost always served over Linguini Noodles. Adjust the spiciness to your personal tastes via the Crushed Red Pepper Flakes. Fra Diavolo is roughly translated as: Among The Devil. It does NOT re-heat well as the Shrimp turn rubbery.
TOOLS	1) Medium Mixing Bowl 2) Large Cast Iron Skillet 3) Medium Saucepan & Lid 4) Medium Serving Platter 5) Fine Wire Strainer
PREP	DISH 1) Thinly sliver the Yellow Onion and set it aside. 2) Smash the Garlic Cloves, finely chop and set them aside. 3) Chop the Italian Parsley Leaves and set them aside. 3) Chop the Basil Leaves and mix into the Parsley. 4) Peel, devein & remove the tails on the Shrimp set them aside in cold water.
1	SHRIMP: Pat the Shrimp dry. In a large cast iron skillet over medium high heat, heat 3 tablespoons of Olive Oil until it shimmers. Add in the Shrimp and stir-fry until they just begin to curl & turn pink, about 1 minute. Transfer the Shrimp to a plate.
2	SAUCE: Add 2 tablespoons of Olive Oil into the skillet. Stir in the Garlic and Onion Slivers. Saute until the Onions become translucent, about 5 minutes.
3	SAUCE: Stir in the Diced Tomatoes and their Juice. Stir in the Wine and Oregano. Lower the heat and simmer until the Sauce thickens slightly, about 10 minutes.
4	SAUCE: Return the Shrimp and any juices into the Skillet. Toss to coat and simmer for about a minute for the flavors to marry.
5	SAUCE: Stir in the Parsley & Basil Mixture. Season to taste with Sea Salt
SERVE	Serve while hot simply standalone, or over any cooked al dente Noodles you like with a nice supply of crusty Bread on the side.

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