
Scampi Fra Diavolo

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St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 pounds shrimp, cleaned and deveined

1 teaspoon flour

salt (to taste)

pepper (to taste)

1 teaspoon cooking oil

2 cloves garlic, chopped

2 pimientos

1 jigger brandy

2 ounces butter

1 cup tomato sauce

1 teaspoon parsley, finely chopped

cooked rice

Dredge the shrimp in flour with salt and pepper.

In a skillet, heat the oil. add shrimp and saute' for a few minutes. Add the garlic and pimientos. Flame with brandy and allow to evaporate for a few minutes. Add the butter and tomato sauce.

Cook for approximately 30 minutes.

Garnish with parsley and serve on a bed of rice.

Seafood

Per Serving (excluding unknown items): 1611 Calories; 66g Fat (40.5% calories from fat); 188g Protein; 31g Carbohydrate; 4g Dietary Fiber; 1504mg Cholesterol; 3301mg Sodium. Exchanges: 0 Grain(Starch); 25 1/2 Lean Meat; 3 1/2 Vegetable; 10 Fat.