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# Fettucini with Veal and Shrimp Cajun Style

*Vernon's Restaurant - Pittsburgh, PA*

*Pittsburgh Chef's Cook Book - 1989*

Servings: 4

**3/4 pound veal cutlet, pounded to 1/4-inch, cut julienne 1-1/2x1/4x1/4-inch**

**1/4 cup + 1 tablespoon Cajun Seasoned Flour**

**1 cup clarified butter**

**3/4 pound raw shrimp, cleaned with tails off**

**2 cups heavy cream**

**2 quarts fettucini, cooked**

**1/2 cup green onions, cut 1/4 inch**

**Parmesan cheese (for serving)**

**CAJUN SEASONED FLOUR**

**1/4 cup flour**

**1 1/2 teaspoons salt**

**1 1/4 teaspoons white pepper**

**1 teaspoon onion powder**

**1 teaspoon cayenne pepper**

**1/2 teaspoon paprika**

Make the Cajun Seasoned Flour: In a bowl, combine the flour, salt, white pepper, onion powder, cayenne pepper and paprika. Mix together thoroughly.

Make the fettucini: Toss the veal in Cajun Seasoned Flour until coated. Saute' in a skillet in clarified butter for 1 minute.

Add the shrimp. Saute' for 1 to 2 additional minutes.

Add the cream. Continue to cook until the cream begins to thicken.

Add the fettucini and green onion. Saute' until the fettucini is heated throughout.

Serve with grated Parmesan cheese on the side.

## **Pasta**

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*Per Serving (excluding unknown items): 1020 Calories; 101g Fat (87.7% calories from fat); 20g Protein; 12g Carbohydrate; 1g Dietary Fiber; 364mg Cholesterol; 917mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 19 Fat.*