Menu du Jour

20 April 2004

Grilled Shrimp and Scallops Alfredo
with Asparagus and Crawfish

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Because the shrimp, scallops, crawfish, and asparagus may be grilled in advance, this entrée takes only minutes to prepare making it an ideal dinner for casual entertaining or weeknight dining.

1/2 pound large shrimp, peeled and deveined
1/2 pound sea scallops
10 spears asparagus
2 tablespoons unsalted butter
1 cup sliced mushrooms
1/2 pound cooked crawfish tails
2/3 cup heavy cream
1/4 cup shredded parmesan cheese
Dash ground nutmeg
Kosher salt and white pepper to taste
1 pound fettuccini

Prepare grill and seafood trays for medium high direct grilling. Grill asparagus, turning often, for three to four minutes. Arrange shrimp on seafood trays and cook for two minutes. Add scallops and continue cooking for another two to three minutes. Turn seafood and asparagus and continue grilling until done, about another two to three minutes. Remove seafood and asparagus from grill. (These may be prepared up to two days ahead and held, covered and refrigerated, until use. Bring to room temperature before using.)

Cook fettuccine according to package directions; drain and set aside. Bias-slice asparagus into one-inch lengths.

In a large skillet, melt butter and cook mushrooms until just tender, about four minutes. Add the crawfish, shrimp, scallops, asparagus, and heavy cream; heat through. Add cooked fettuccine to the skillet. Then add Parmesan cheese and nutmeg. Toss to coat pasta. Cook for two to three minutes until sauce has desired consistency. Season with kosher salt and white pepper to taste.

(Serves four)

Plate Presentation

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Using kitchen tongs or a pasta fork, equally divide the well-drained fettuccine onto four warmed service plates; spoon seafood and asparagus Alfredo sauce atop fettuccine. Garnish with fresh chopped parsley. Serve with seasonal fresh tossed salad and grilled garlic bread.