



# Blackened Shrimp Stroganoff

**PAPER & FOOD SERVICE, INC.**

**Ingredients** **Yield: 1 Servings**

- 4 oz. Laughing bird shrimp, peeled
- 3/4 tsp. Olive oil
- 3/4 tsp. Cajun seasoning
- 2 oz. Fettuccini pasta
- 3/4 tsp. Butter
- 1/2 c. Mushrooms, sliced
- 3/4 tsp. Shallots, minced
- 2 Tlb. Sour cream
- 3/4 tsp. Cornstarch
- 2 oz. Chicken stock
- 3 oz. Roasted red bell pepper, large dice
- 3/4 tsp. Capers, drained
- t.t. Salt
- t.t. Black pepper, café

**Preparation Instructions:**

1. In a medium mixing bowl, combine the shrimp, oil and Cajun seasoning. Set aside.
2. In a small mixing bowl, stir together the cornstarch and cold chicken broth, then add the sour cream and blend until well incorporated. Set aside
3. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente: drain.
4. In a large saute pan over medium heat, melt the butter. Then add mushrooms and shallots and cook until tender. Add the reserved shrimp and continue cooking until the shrimp turn pink approximately 1 to 2 minutes. Then add the reserved chicken broth mixture, roasted red peppers, capers and continue cooking until thick and bubbly. Season to taste and toss with pasta. Serve immediately.

Ingredients		Maines Product Code #	Amount	Cost
Laughing bird shrimp	Laughing Bird	095750	4 oz.	\$2.30
Olive oil	Gem	370864	3/4 tsp.	\$0.06
Cajun seasoning	Culinary Secrets	345814	3/4 tsp.	\$0.03
Fettuccini pasta	Villa Frizzoni	330607	2 oz.	\$0.12
Butter	Grassland	000110	3/4 tsp.	\$0.05
Mushrooms	Fresh	097409	1/2 c.	\$0.83
Shallots	Fresh	097737	3/4 tsp.	\$0.05
Sour cream	Crowley	030745	2 Tlb.	\$0.06
Cornstarch	Argo	389741	3/4 tsp.	\$0.03
Chicken stock	Culinary Secrets	234659	2 oz.	\$0.04
Roasted red bell pepper	Mancini	276325	3 oz.	\$0.35
Capers	Ambrosia	275560	3/4 tsp.	\$0.05
Salt	Katy's Kitchen	340620	t.t.	\$0.01
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.02

Recipe Cost	\$4.00
Portion Cost	\$4.00

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$11.95	\$4.00	\$7.95	33.47%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
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\$12.95	\$4.00	\$8.95	30.89%
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Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$13.95	\$4.00	\$9.95	28.67%