



CS Alfredo Sauce

Source: adapted from *smartschoolhouse* Bob and Robin Young

The Captains Shack 5 Feb 2022

PDF: CS-Alfredo-Sauce.pdf

Prep: 10 Min **Cook:** 15 min **Total:** 25 min

Serves: 6

Ingredients:

1 lbs Penne Pasta or the pasta of your choice

$\frac{3}{4}$ lbs lg Shrimp, cut into bite size pieces (Optional)

$\frac{1}{2}$ c unsalted Butter

1 T minced Garlic

2 c Heavy Whipping Cream

4 oz Cream Cheese, at room temperature

$\frac{1}{2}$ t fresh ground Nutmeg

$\frac{1}{2}$ c shredded Parmesan Cheese

$\frac{1}{2}$ c shredded Mozzarella Cheese

$\frac{1}{4}$ t Sea Salt

$\frac{1}{2}$ t fresh ground Black Pepper, to taste

Chopped Italian Parsley for garnish

Directions:

Cook the shrimp until just pink. They will continue to cook when added to the pasta. Set aside.

Cook the pasta until al dente, 10 – 12 minutes. Drain, reserving 1 c of the liquid, but do not rinse. Set aside.

In a large pot, melt the butter over medium to low heat. Add the garlic and cook for about 2 minutes. Mix in the cream and the fresh nutmeg. Cook until the creamy mixture gently bubbles.

Add the cheeses, salt and pepper and stir until the cheese has melted. Add the shrimp if you are using. Add the pasta. If the sauce is too thick, add a little of the reserved pasta water to loosen the sauce.

Serve in a pasta bowl and garnish with fresh chopped parsley.