



Shrimp and Scallop Pasta

Author: Bob and Robin Young

Start to Finish Time: 1 hour 40 minutes

Preparation Time: 1 hour 20 minutes

Cooking Time: 20 minutes

Servings: 6

Categories: Main Dish - Seafood Pasta

Description: A wonderful, slightly sweet coconut milk Bechamel pasta.

Source: The Captain's Shack

Suggested Wine: 2005 Bitner
Vineyards Reserve
Chardonnay

Ingredients

14 lg Sea Scallops

3 lg cloves Garlic,
chopped

14 med Shrimp, tails
removed, 31-40 count

3 T chopped Fresh
Tarragon

1/2 lb Spaghetti or
Fettucini Pasta

6 T Olive Oil, divided

2 T unsalted butter

2 T All Purpose Flour

1 c Whole Milk, at room
temperature

8 ozs Coconut Milk, at
room temperature

1 t fresh Nutmeg

1/2 c grated Asiago

Cheese

1 c frozen Peas

3 med Spring Onions,
diced with green tops

1 lg Red Heirloom

Carrot, diced

Celtic Sea Salt

Directions -

Place the scallops in a 1 gallon ziplock bag. Add a pinch of salt and the garlic. Mix and let set for about 1 hour. At the same time, add the shrimp to another 1 gallon ziplock bag. Add a pinch of salt and the chopped tarragon. Mix and set aside for about 1 hour.

Place the pasta in a pot with boiling water. Add 1 T Sea Salt to the water. Cook until al Dante. Remove from water and add some olive oil to keep from sticking. Set aside.

In a large skillet, add 2 T of olive oil and saute the scallops until brown on both sides, about 10 minutes. Remove and set aside. Clean the skillet and add another 2 T of olive oil. Gently saute the shrimp until just pink, about 5 minutes. Remove from heat and set aside. Clean the skillet.

In a skillet, add 2 T olive oil. Add the carrots and cook until al Dante. Add the green onion and saute until clear. Add the peas and heat through. Add the scallops and the shrimp and toss to combine. Reduce heat and add the pasta. Toss.

At the same time the pasta mixture is heating, in a 4 qt pot, add the butter and melt it. Add the flour and stir to combine, but do not brown the mixture, keep it blond. Add 1/2 c milk and whisk to combine. It will get pasty. Add the other 1/2 c of milk and whisk to combine. It will get thick. Add the coconut milk and whisk. Add the cheese and the nutmeg. Stir. Pour into the pasta mixture and with tongs, mix.

