

Blackened Shrimp Stroganoff

1 pound fresh shrimp, peeled and deveined
1 tablespoon olive oil
1 tablespoon Cajun seasoning
6 ounces fettuccini pasta
1 tablespoon butter
3 cups fresh mushrooms, sliced
1 tablespoon chopped shallots
2/3 cup chicken broth
1/2 cup sour cream
1 tablespoon cornstarch
1 cup chicken broth
1 (7 ounce) jar roasted red bell peppers
1 tablespoon drained capers

1. Combine peeled shrimp, oil, and Cajun seasoning in a medium bowl. Set aside.
2. 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.
3. Meanwhile, melt butter over medium heat in a large frying pan. Cook and stir mushrooms and shallot in butter until tender. Remove from pan. Add shrimp cook until shrimp turn pink about 2 to 3 minutes. Remove from pan. Add 2/3 cup chicken broth to pan, and bring to a boil. Cook, uncovered, until reduced to 1/4 cup (2 to 3 minutes).
4. In a small bowl, stir together sour cream and cornstarch; mix in 1 cup chicken broth. Stir into reduced chicken broth in the frying pan. Cook and stir until thick and bubbly. Cook 1 minute more. Stir in shrimp, mushroom mixture, roasted red peppers, and capers. Heat through, and season to taste. Serve over pasta.

Note: You can substitute shrimp broth or white wine for the chicken broth. To make shrimp broth, reserve shrimp shells, and simmer in 2 cups water for 15 minutes.