

SOUTHWESTERN SHRIMP LINGUINE

Yield 100

Portion 10 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	36 g	24 g	5 g	168 mg	656 mg	178 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
WATER	66-7/8 lbs	8 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1 oz	2 tbsp	
PASTA,LINGUINE	12 lbs	8 gal 3-7/8 qts	
WATER	25-1/8 lbs	3 gal	
SHRIMP,RAW,PEELED,DEVEINED	20 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
PEPPERS,RED,FRESH	6 lbs	1 gal 5/8 qts	7-1/3 lbs
ONIONS,FRESH,CHOPPED	6 lbs	1 gal 1/4 qts	6-2/3 lbs
RESERVED LIQUID	4-1/8 lbs	2 qts	
JUICE,LIME	1-1/2 lbs	3 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	4-3/4 oz	1 cup	
GARLIC POWDER	4-3/4 oz	1 cup	
PARSLEY,DEHYDRATED,FLAKED	2-7/8 oz	1 qts	
CILANTRO,DRY	1-5/8 oz	1-1/2 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	1-1/3 lbs	1 qts 2 cup	

Method

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender; stirring occasionally. DO NOT OVERCOOK. Drain. Rinse with cold water. Drain thoroughly.
- 3 Place shrimp in boiling water; cover; return to a boil. Reduce heat; simmer 3 to 5 minutes. DO NOT OVERCOOK.
- 4 Immediately remove shrimp from cooking liquid and rinse with cold water or ice bath for 2 minutes. Drain shrimp. Reserve 2 quarts shrimp cooking liquid for use in Step 6. Refrigerate shrimp at 41 F. or lower for use in Step 7.
- 5 Stir-cook sweet red peppers and onions in a lightly sprayed steam jacketed kettle or stock pot for 8 to 10 minutes or until tender, stirring constantly.
- 6 Add reserved shrimp liquid, lime juice, jalapeno peppers, garlic powder, parsley, cilantro and black pepper to cooked sweet peppers and onions. Stir well to blend. Bring to a boil; reduce heat to a simmer.
- 7 Add linguine and shrimp to the hot broth and vegetable mixture. Heat to a simmer while gently tossing for 1 minute to coat the linguine and shrimp with the sauce. CCP: Temperature must reach 145 F. or higher for 15 seconds.
- 8 Pour 2-1/4 gal shrimp-linguine mixture into each ungreased steam table pan. Sprinkle 1-1/2 cups parmesan cheese over shrimp linguine mixture in each pan. CCP: Hold for service at 140 F. or higher.