



SHRIMP CARBONARA

Category: Popular

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Shrimp Carbonara

Shrimp Carbonara is a delicious seafood twist on the classic Italian pasta dish, carbonara. Traditionally made with pancetta or guanciale, this variation uses succulent shrimp to add a delightful brininess to the rich and creamy sauce.

The silky smooth egg-based sauce is combined with the sweetness of shrimp, crispy bacon, and sharp Parmesan cheese, creating a perfect balance of flavors. This dish is ideal for a quick weeknight dinner or a special weekend treat, bringing a touch of elegance and comfort to the table.

Ingredients:

1 lb large shrimp, peeled and deveined

8 oz spaghetti or fettuccine

2 tbsp olive oil

4 slices bacon, chopped

3 large eggs

1/2 cup grated Parmesan cheese

1/2 cup heavy cream

2 cloves garlic, minced

Salt and pepper to taste

Fresh parsley, chopped (for garnish)

Freshly cracked black pepper (for garnish)

1/2 tsp red pepper flakes (optional for a little heat)

How to Make:

Cook the pasta: Bring a large pot of salted water to a boil. Add the spaghetti or fettuccine and cook according to the package instructions until al dente, usually 8-10 minutes. Reserve about 1 cup of pasta water before draining. Drain the pasta and set it aside.

Cook the bacon and shrimp: While the pasta cooks, heat the olive oil in a large skillet over medium heat. Add the chopped bacon and cook until crispy, about 5-7 minutes. Use a slotted spoon to remove the bacon and set it aside on a paper towel-lined plate. In

the same skillet with the bacon drippings, add the shrimp and cook for 2-3 minutes per side until they turn pink and opaque. Add the minced garlic and cook for an additional 1 minute, stirring frequently to avoid burning the garlic. Season with salt, pepper, and red pepper flakes (if using), then remove the skillet from the heat.

Prepare the carbonara sauce: In a mixing bowl, whisk together the eggs, grated Parmesan cheese, and heavy cream. Season with a pinch of salt and freshly cracked black pepper. Be sure to whisk until the mixture is smooth and creamy.

Combine the pasta and sauce: Add the drained pasta to the skillet with the shrimp and bacon. Toss gently to combine, making sure the pasta is coated with the bacon drippings. Slowly pour the egg mixture over the pasta, stirring constantly to create a creamy sauce. The residual heat from the pasta will cook the eggs, creating a silky sauce without scrambling them. If the sauce is too thick, add a bit of the reserved pasta water to thin it out to your desired consistency.

Serve: Divide the shrimp carbonara among plates. Garnish with extra grated Parmesan cheese, fresh parsley, and a generous amount of cracked black pepper. Serve immediately while the pasta is warm and creamy.

Chef's Note: For a more authentic carbonara flavor, you can substitute pancetta or guanciale for the bacon. If you don't have heavy cream, you can skip it and rely on the eggs for the creaminess, though the sauce will be slightly lighter. Be sure to toss the pasta quickly with the egg mixture to prevent the eggs from turning into scrambled eggs. The key to carbonara is timing—work quickly to ensure the sauce remains silky and smooth.

Nutrition Information (per serving, 4 servings total):

Calories: 520

Protein: 31g

Carbohydrates: 43g

Fat: 27g

Saturated fat: 9g

Cholesterol: 230mg

Sodium: 850mg

Fiber: 2g

Sugars: 3g

Shrimp Carbonara is a perfect combination of flavors, with the sweetness of shrimp and the richness of the creamy egg sauce. It's an elevated, yet simple dish that's sure to impress anyone at the table. Pair it with a crisp white wine, like Pinot Grigio or Chardonnay, for a complete and satisfying meal. Enjoy!