

Shrimp Fra Diavolo

Recipe Name: Shrimp Fra Diavolo

Category: U.S. Farm-Raised Shellfish

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients:	For: 24 Servings		Directions: Remove the shrimp in gallons from refrigeration right before cooking. CCP below 41 degrees
	Weight	Measure	
Freshwater Shrimp	8 lbs	3 portions per pound	Wash off the shrimp in a colander and pat dry.
Make the Fra Diavolo Sauce first.			
Yellow onions, brunoise	2 cups	3 ea onions	Fine dice the onions.
Garlic cloves, fine chopped		1 bulb	Finely chop the garlic.
Olive Oil	8 fl oz..	1 cup	Pour the olive oil in a cold sauce pan, add the onions & garlic and sweat without color until the onions are tender.
Diced Tomatoes	1 x #10 can		Add the strained diced tomatoes; save the juice.
Tomato Puree	8 fl oz.	1 cup	In the saved tomato packing medium, stir in tomato puree until smooth; add to the tomato, onion, garlic mixture. Bring to a simmer, 185 degrees, (CCP) and cook for 30 minutes.
Sautéing the freshwater shrimp			
Olive Oil	8 fl oz..		In a large pan or tilting skillet, heat the olive oil. Add the freshwater shrimp and sauté quickly to sear and seal in the shrimp's natural juices.
			Pour over the Tomato Sauce.
Flat-leaf Parsley, rough chopped	1 Tbsp.		Add the rough chopped fresh parsley, basil & oregano.
Basil, rough chopped	1 Tbsp.		
Oregano, rough chopped	1 Tbsp.		Adjust seasoning and heat depending on your population; Fra Diavolo is known for being spicy, sometimes very hot. The heat coming from fresh hot peppers or hot pepper sauce.
Serve in a bowl with linguine around the outside and 8 ounces of Shrimp Fra Diavolo ladled in the center of the nest.			

Serving Size 8 fluid ounces

Pan Size

Oven Temperature & Baking Time:

Temperature

Minutes

Yield 24 servings

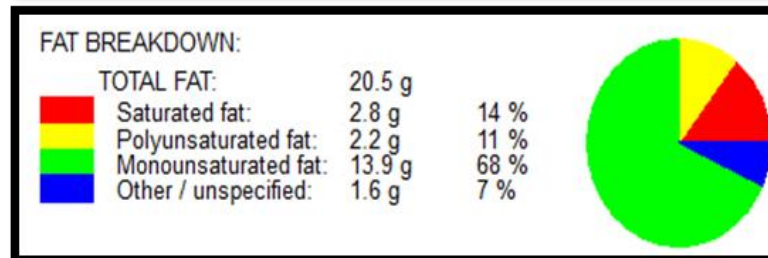
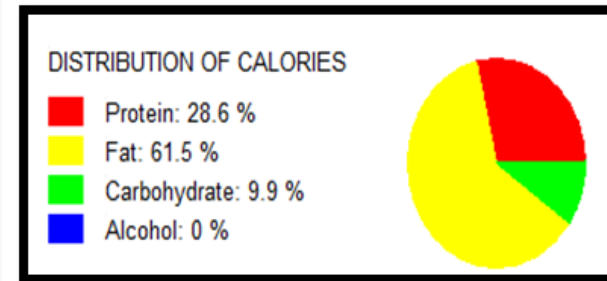
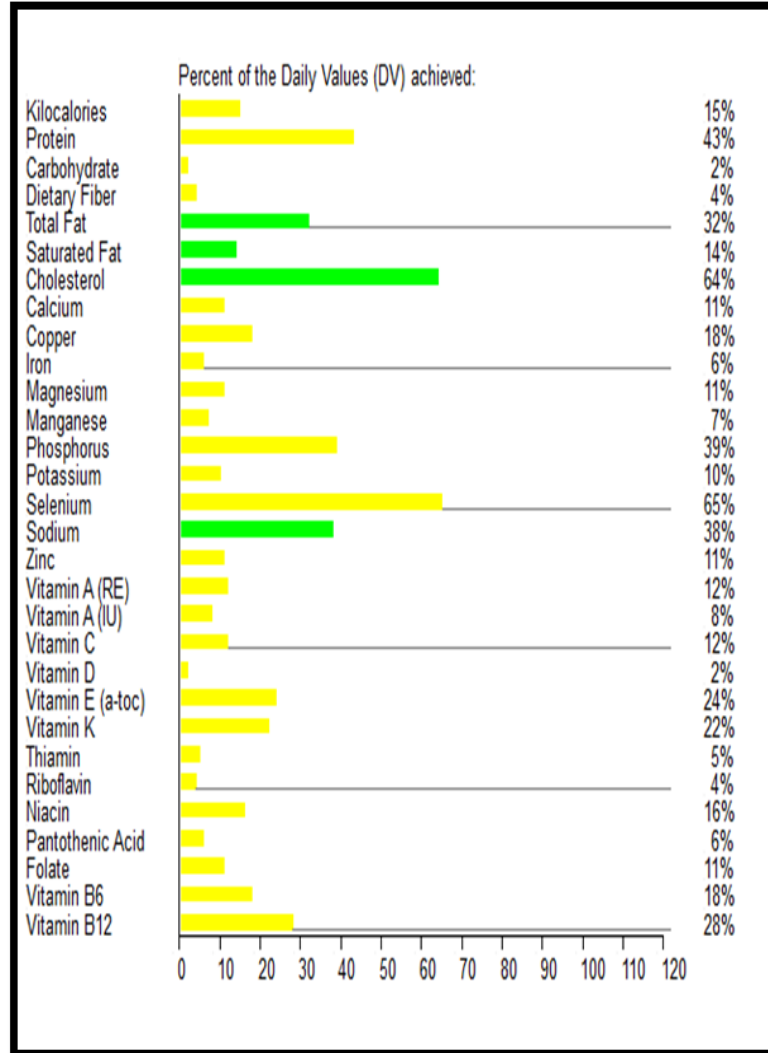
Number of Pans

Convection

6-ounce shellfish portion

Omega-3 content 0.253 g

Nutrition Facts	
Serving size: 9.22 oz. (261g)	
Servings Per Recipe	
Amount Per Serving	
Calories 300	Cal. from Fat 185
% Daily Value*	
Total Fat 21g	30%
Saturated Fat 3g	15%
Trans Fats 0g	
Cholesterol 191mg	65%
Sodium 917mg	40%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 21g	
Vitamin A 8%	Vitamin C 10%
Calcium 10%	Iron 6%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



3-ounce shellfish portion

Nutrition Facts		
Serving size: 4.61 oz.. (131g)		
Servings Per Recipe		
Amount Per Serving		
Calories 150	Cal. from Fat 92	
% Daily Value*		
Total Fat 10g	15%	
Saturated Fat 1g	8%	
Trans Fats 0g		
Cholesterol 95mg	30%	
Sodium 458mg	20%	
Total Carbohydrate 4g	0%	
Dietary Fiber 1g	2%	
Sugars 3g		
Protein 11g		
Vitamin A 4%	Vitamin C	6%
Calcium 4%	Iron	4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
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