



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Spaghetti with Fiddleheads and Shrimp

Serves 2-3

½ lb spaghetti
2 tablespoons butter
2 tablespoons extra virgin olive oil
1 lb. fiddleheads, cleaned
2 cloves garlic, thinly sliced
1 lb. large shrimp, peeled and deveined
½ teaspoon hot pepper flakes
Sea salt flakes and freshly ground pepper, to taste
¼ cup fresh parsley, chopped
1 lemon, zested
2 tablespoons lemon juice

In large pot of boiling salted water, cook pasta until al dente.
Drain, reserving 1/3 cup of the cooking liquid.

Meanwhile, in large skillet, heat butter with oil over medium-high heat.
Sauté fiddleheads, hot pepper flakes and garlic until bright green and tender,
about 5 minutes.

Add shrimp, cook until shrimp are just pink.
Add reserved pasta water and lemon juice.
Add parsley, lemon zest and pasta then toss well.
Season with sea salt and pepper and serve.

THE LOVE: Keep in mind that your shrimp will keep cooking even after you remove the skillet from the heat. Be sure not to over cook them!