

Mike's Alfredo Sauce

I like a good Fettuccini Alfredo, with shrimp or chicken, or both! I finally got up the nerve to try to make my own Alfredo sauce and this is the recipe which resulted!

Ingredients:

1 pint heavy cream
1 ½ sticks unsalted butter
4 oz cream cheese
1 cup freshly grated parmesan cheese (don't use the pre-grated stuff in a shaker)
Garlic powder
Salt
Fresh ground pepper

Instructions:

Melt the butter in a sauce pan over medium heat. Add in cream cheese and whisk until evenly mixed. Whisk in cream and heat until lightly boiling. Whisk in grated parmesan cheese. Now add garlic powder, salt and pepper to taste. The sauce can be left over low heat with occasional whisking/stirring while you prepare the shrimp. If used with chicken, prepare the chicken first and set it aside while you do the sauce.

Note: You could do a garlic reduction using vermouth or dry sherry and 2 cloves fresh crushed or chopped garlic if you really wanted to get fancy. Essentially use a shallow sauce pan, add ¼ cup vermouth or dry sherry and garlic and cook while continuously stirring until the vermouth or sherry is reduced to ½, then strain and add the liquid to the Alfredo instead of the garlic powder.

Garlic shrimp:

2 pounds peeled and deveined shrimp (30-40 count)
2 cloves garlic (finely chopped)
Salt
Fresh ground pepper
Pre-mixed Italian seasoning
Olive oil

Instructions:

Add olive oil to a medium to large skillet until it just covers the bottom of the pan, heat over medium heat until a drop of water crackles when flicked into the pan, then add shrimp and garlic to pan. Continuously turn the shrimp with a spoon or spatula until they are white with pink highlights, add salt, pepper and Italian seasoning to taste.

Chicken:

4-5 skinless boneless chicken breasts or 8-10 boneless skinless chicken thighs
Olive oil
2 cloves garlic (finely chopped)

Salt
Fresh ground pepper
Pre-mixed Italian seasoning

Instructions:

Add olive oil to a large skillet (with lid) until it just covers the bottom of the pan, heat over medium heat until a drop of water crackles when flicked into the pan, then add chicken and garlic to pan. As you sear one side, season the exposed side with salt, pepper and Italian seasoning. Turn chicken and repeat seasoning on other side. Turn heat down to low and slowly sauté the chicken with lid on the skillet. Periodically turn the chicken. Usually takes about 10-15 minutes to get completely done. Test by cutting a thick piece at least ½ through to check for rawness, there should be no raw meat in the center of the piece when done. Do not over-cook or the chicken may become dry. I usually prefer thighs (dark meat) because it is less prone to dryness. Can either be cut-up into 1 inch squares and added to the fettuccini, or served on top of the fettuccini Alfredo.

If you want to add a little zing! To the chicken (or shrimp) turn up the flame when it is just about done to high and add in about ¼ to ½ cup of Pinot Grigio white wine (or Chardonnay in a pinch) and stir the shrimp or chicken around in it as it cooks down.

Fettuccini:

Prepare as suggested on the box.

Once the chicken/shrimp, Alfredo sauce and Fettuccini are done you have two choices as to serving:

1. Combine the shrimp or chicken (if cut up) with the sauce and pasta
2. Combine the sauce and pasta and serve the shrimp or chicken (or both!) on the side

I like to combine them when using shrimp and serve the chicken on the side when doing it with chicken.

Enjoy!