



414-443-1414

www.michaelfeker.com

From the Kitchen of Chef Michael Feker

IL MITO is located at 6913 W North Ave, Wauwatosa

IL MITO'S GLUTEN FREE SEAFOOD AND FENNEL LINGUINE

Yield 4 main-dish or 8 first-course servings

Total Time 35 min

Ingredients

- 1 lb linguine (gluten free)
- 1 lb Medium size shrimp deveined
- 1/3 lb of bay scallops cleaned (dry pack preferred)
- 4 oz peas
- 1 fennel bulb sliced paper thin
- 1 lb fresh spinach
- 4 oz sun-dried tomatoes, chopped, with oil reserved
- 4 oz homemade tomato sauce (Chef Feker's preferred)
- 1/2 cup wine
- 1/4 cup cream
- 6 garlic cloves, finely chopped
- 3/4 teaspoon dried hot red pepper flakes
- 1/3 cup chopped fresh flat-leaf parsley
- 1/3 cup extra virgin olive oil
- More extra-virgin olive oil for drizzling

Directions

1. Cook pasta in a 6- to 8-quart pot of boiling well-salted water until al dente, and then drain in a colander.
2. While pasta is cooking, prepare your sauce.
3. Heat olive oil and sun-dried tomato oil in a large, heavy-bottom sauté pan over medium-high heat until moderately hot.
4. Add garlic, red pepper flakes, parsley and cook, stirring occasionally, until garlic is soft, about 3 minutes.
5. Add wine and boil, uncovered, until reduced by half, about 3 minutes.
6. Add tomato sauce, sun-dried tomatoes, spinach, fennel, peas and the seafood. Cook at a gentle simmer until your seafood is done to your liking. Add cream, fold gently with your pasta and enjoy.

Chef's Note

1. Drizzle extra virgin olive oil over pasta once ready to serve because raw olive oil has a completely different characteristic and pungency than cooked olive oil.
2. Remember that Parmesan or any hard cheese will destroy the delicate taste of your seafood.