

The Art of Cuisine

Shrimp Scampi in a Low Fat Lavender Cream Sauce

- 3 Tbsp. Soy butter or margarine
- 3 Tbsp. extra virgin olive oil
- 4 Cloves garlic, minced
- 1 Tbsp. shallots, chopped
- 1 Green onion, finely chopped
- 24 Shrimp peeled and deveined

- 1 Tbsp. orange juice
- 1 Tbsp. lemon juice
- 1/4 tsp. orange zest (grated orange peel)
- 1/4 C. Muscat wine or Orange Muscat wine
- 1/2 C. Low Fat Evaporated milk (unsweetened)

- 2 1/2 Tbsp. fresh sweet English lavender or
- 1 Tbsp. dried lavender Purchased at (www.MySpiceSage.com)
- 1 Tbsp. fresh parsley, chopped
- Salt and pepper (to taste)

Garnish

- Lemon wedges
- Orange wedges
- Fresh lavender flowers

Sauté garlic, green onion, shallots in olive oil and butter on medium high temperature until tender about 1 minute. Add shrimp and sauté until they just begin to turn pink on both sides. Add orange, orange zest and lemon juice, then add wine and reduce to half about 1 minute. Lower heat to medium, add evaporated milk, lavender, parsley, salt, and pepper to taste. Allow sauce to bubble and slightly thicken. Serve with sliced bread as an appetizer, or over whole wheat or brown rice pasta, or over rice as a main course. Serve with Muscat Wine.

Written by: Chef Linda Galyean

The Art of Cuisine Cookbook Volume 1

<http://www.theartofcuisine.com/apps/webstore/products/show/92755>