

# THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

## Shrimp Skordalia – Shrimp Baked in Tomato Sauce

Servings: 4

### Ingredients:

¼ cup of extra virgin olive oil

½ cup of finely chopped onion

½ teaspoon crushed red pepper flakes

3 cloves garlic, minced

1 ½ pounds of medium shrimp, peeled and deveined, tails left on

½ cup finely diced fresh ripe tomato, drained in a colander for 5 minutes

Salt  
2/3 of a cup grated hard feta cheese (Place in the fridge overnight uncovered to dry)

¼ cup of chopped flat leaf parsley

Preheat oven to 400 degrees

### Directions:

In a large skillet, heat the oil and saute the onion over medium heat until soft. Add pepper flakes and garlic and saute for 30 seconds. Add shrimp and saute for 2 minutes or until they start to firm up. Add the tomato, salt and cook a few minutes more until sauce begins to thicken. Transfer to a baking dish or into four individual gratin dishes.

Bake in the oven for 10 minutes, or until sauce bubbles. Sprinkle with the cheese and bake for three minutes more. Sprinkle with parsley and serve.

### Inspirations:

- a. Crusty bread to sop up the juices
- b. Serve as a main course over orzo pasta
- c. Capers, olives and fresh oregano to garnish

**LACTOSE INTOLERANT?** When shrimp comes out of the oven and before the cheese is sprinkled on as in the above recipe, turn the oven up to 450 degrees. I recommend making this in individual gratins. If only one person is lactose intolerant, this amendment to the recipe is a win for all. In a bowl, mix some breadcrumbs, olive oil, parsley, finely chopped garlic, oregano, and salt. This mixture should resemble coarse damp sand. Taste for seasoning. Scantily sprinkle breadcrumb mixture on top of the shrimp as a replacement to the feta cheese. Place back into the oven until slightly browned. Remove and serve.

