

CHEF SARA RHODES

SHRIMP WELLINGTON WITH FONTINA ALFREDO SAUCE

20 raw shrimp, 21 to 30 count, peeled and deveined
4 cloves garlic, minced
3 ½ oz. sundried tomatoes in oil, drained and chopped
6 oz. cremini mushrooms, finely chopped
2 Tbsp. fresh rosemary, finely chopped
½ cup white wine
6 oz. Fontina cheese, shredded
1 sheet puff pastry
1 egg

Season shrimp with salt and pepper. Heat olive oil in a sauté pan to medium high heat. Sauté shrimp about 30 seconds per side and remove to plate to cool. Add the mushrooms to the pan and sauté about 5 minutes. Add the garlic, tomatoes, rosemary and white wine. Sauté until the wine evaporates.

Slice the shrimp in half lengthwise. Roll out the pastry sheet and cut into 4 pieces. Place about 1 ½ oz. of the cheese on each pastry square. Top with the mushroom/tomato mixture. Place 5 of the sliced shrimp on top of the mushroom mixture. Beat the egg with a little water and brush the edges of the pastry with the egg wash. Fold edges up to form a package, making sure it is sealed. Lightly spray a baking sheet and place wellingtons on sheet and egg wash entire wellington. Bake in a 400 degree oven for 18 to 20 minutes or until pastry is gold brown.



FONTINA ALFREDO SAUCE:

1 Tbsp. shallots, minced
6 cloves garlic, minced
1/3 cup sundried tomatoes in oil, drained and chopped
½ cup white wine
2 ½ cups heavy cream
3 oz. Fontina cheese, shredded
2 oz. grated parmesan cheese
1 Tbsp. butter

Heat a little olive oil in a sauté pan. Add the shallots, garlic and tomatoes and sauté for 3 to 4 minutes. Add the white wine and sauté till wine evaporates. Add cream and bring to simmer. When cream starts to thicken slightly, add fontina and parmesan cheeses. When cheeses are melted, finish with butter.