

IN THE GALLEY WITH TRUDY:

Shrimp Fettuccine

- 2 Tbs butter or margarine
- 2 lbs peeled, medium-size fresh shrimp
- 8 oz sliced fresh mushrooms
- 1 small red bell pepper, cut into thin strips
- 1 small onion, chopped
- 1 to 2 garlic cloves, pressed
- 1/2 tsp salt
- 1/4 tsp fresh ground pepper
- 16 oz fettuccine, cooked
- 1/2 cup whipping cream
- 1/2 cup butter or margarine
- 1/2 cup (2 oz) shredded Parmesan cheese
- 2 Tbs chopped fresh parsley
- 1/4 tsp fresh ground pepper

Melt the 2 Tbs of butter in a large skillet over medium heat. Add the shrimp, mushrooms, and next five ingredients. Cook, stirring constantly until the shrimp turns pink. Spoon into a large bowl; toss with the hot, cooked fettuccine.

Cook the whipping cream and 1/2 cup butter in a skillet over low heat until the butter melts. Stir in the cheese, parsley, and pepper. Pour over the shrimp mixture and toss. Serve immediately. Serves 6.



This issue I have two recipes to share. I've prepared the fettuccine this way, using shrimp, and I've also made it with scallops. Either way, it's delicious. The autumn mashed potatoes are a good comfort food and a simple alternative to regular mashed potatoes.

Autumn Mashed Potatoes

- 2 lbs small red potatoes, skins on, quartered
- 1 small butternut squash (~2 lbs), peeled, seeded, and cut into small cubes
- 1/2 cup heavy cream
- 1 stick unsalted butter, cut into 8 pieces and softened
- 2 tsp kosher salt

Place the potatoes in a medium saucepan with water to cover by 1 inch. Place the squash in another saucepan with water to cover by 1 inch. Bring both to a boil, lower the heat and simmer until they are soft (approximately 15 minutes for the potatoes and 10 minutes for the squash).

Warm the heavy cream in a small saucepan. Drain the potatoes and the squash and return to a clean saucepan. Over very low heat, coarsely mash the vegetables, gradually adding the cream and butter. Stir in the salt and serve piping hot. Serves 8. •