

Shrimp and Fiddlehead Medley

Ingredients

1 lb (455 g) fiddleheads
6 ounces (170 g) linguine, uncooked
6 cups (1.5 l) water
1 3/4 lbs (795 g) raw shrimp
1 tsp (5 ml) butter
2/3 cup (150 ml) onion, chopped
1/2 cup (125 ml) green pepper, diced
1/2 lb (225 g) fresh mushrooms, sliced
1 tsp (5 ml) dried thyme
1/4 tsp (1 ml) ground black pepper
1/8 tsp (0.5 ml) salt
1/8 tsp (0.5 ml) celery seeds
2 tbsp (30 ml) lemon juice

Cut ends off fiddleheads. Remove scales and wash thoroughly. Bring water to a boil in a large saucepan; add shrimp and cook three to five minutes, or until done. Drain well, and set aside. Cook fiddleheads in boiling water for ten minutes. Drain.

Cook pasta as directed, without salt or oil. Drain well, set aside and keep warm.

Meanwhile, add butter to a non-stick skillet and heat until the butter melts. Add onion and green pepper and sauté until tender-crisp. Stir in fiddleheads. Add sliced mushrooms, thyme, pepper, salt, and celery seeds to vegetable mixture; stir well. Cook, uncovered, over medium heat three to four minutes or until the mushrooms are tender, stirring often. Stir in shrimp and lemon juice; cook until heated through, stirring often.

Place pasta on a large platter, spoon shrimp mixture on top. Serve immediately. Serves 6.