



Spotlight Halal: **SHRIMP SCAMPI**

Spotlight Halal is a collection of food and ingredient articles from IsItHaram.com.

This article can be found online at <http://www.isitharam.com/features/shrimpscampi.jsp>.

WHAT IS IT?

Shrimp Scampi is an Italian dish of shrimp (prawns) cooked in a garlicky, butter-wine sauce and served over pasta or rice. It is one of the more popular seafood dishes in Italian-American restaurants. In Italian 'scampi' means a type of small lobster, although in America it refers to a style of cooking using butter, garlic and dry white wine or vermouth.

Vermouth is a type of white wine that has been fortified with ethanol (ethyl alcohol), the kind of alcohol found in all alcoholic beverages, and flavored with aromatic herbs and spices. Because it is a fortified wine, vermouth has an alcohol content of around 20%, compared to around 12% for the typical wine.

A variation on this dish is Chicken Scampi, made with chicken breast in place of shrimp.

HOW IS IT MADE?

Shrimp is cooked in butter and garlic until just done. Dry (non-sweet) white wine or vermouth, some lemon juice and some chopped parsley are then added to the pan and cooked just until heated -- around 30 seconds more. Red pepper flakes are sometimes added for heat. The shrimp and sauce are tossed with pasta, or poured over rice and then served.

The typical recipe for Shrimp Scampi calls for 1/4 to 1/2 cup of white wine per serving.

-- Try our *halal* Shrimp Scampi recipe on the next page for a quick and delicious meal. --

WARNING LEVEL: MEDIUM

Because it is a seafood dish, the fact that Shrimp Scampi is prepared with alcohol may fly under the radar of many Muslims who order it simply to avoid eating non-zabihah meat. Most restaurant menus do list white wine as an ingredient in Shrimp Scampi. However, this dish may be a danger area for those who are not familiar with Italian cuisine.

At restaurants, the butter-wine sauce for Shrimp Scampi is made-to-order for each diner. The wine is added to the dish at the last seconds of cooking. Tell your waiter to ask the cook to omit the wine from your sauce.

ALCOHOL AND COOKING

AMNA classifies any food that has been made with an alcoholic product as ALCOHOL, even if it has been sautéed, simmered, baked or set on fire. The conventional wisdom accepted by just about everyone is that all the alcohol you add to a dish evaporates during cooking. It's wrong.



ALCOHOL

Shrimp Scampi is served in a butter and white wine sauce.



A plate of Shrimp Scampi



In fact, according to a study conducted by the *US Department of Agriculture's Nutrient Data Laboratory*, you have to cook something for a good three hours to remove virtually all traces of alcohol. After it has cooked for less than one minute, 85% of the alcohol remains in the Shrimp Scampi – between a quarter to half of a cup, depending on the recipe.

-- Learn more about Alcohol cook-off times on our web site at: IsItHaram.com/our_criteria/prohibited/alcohol_cooking.jsp --

ARE SHRIMP HALAL?

Shrimp are *halal* food in the Sunni methahib: Malaki, Hanbali and Shafa'i. Within the Hanafi School, there are varying opinions. Shrimp are not *halal* in the Jafari School, which is Shi'a.

RECIPE: HALAL SHRIMP SCAMPI

Shrimp Scampi is made with dry white wine or vermouth, a fortified and butter sauce.

Our *halal* twist on the classic Shrimp Scampi recipe omits the wine and can be made at home. We omit the wine and add capers, the bud of a flowering shrub, to compliment the rich seafood flavor. This recipe is a quick and delicious meal for busy moms on a tight schedule. It's a hit with grown-ups and kids alike.

You Will Need:

- 1 pound deveined uncooked shrimp (wild-caught is best)
- 2 Tbsp olive oil
- 2 Tbsp (1/3 stick) butter
- 4-5 cloves garlic, crushed
- 1 teas salted capers
- 1/4 - 1/2 cup lemon juice, according to taste
- Salt and pepper to taste (sea salt and kosher salt work best with seafood)
- 3 Tbsp parsley, finely chopped
- 1 pinch crushed red pepper (optional)
- 1 lb linguini, linguini fini, or spaghetti quality brand pasta, cooked according to package directions

Instructions:

1. DEFROST shrimp in a bowl using cool-to-warm (not hot) water. Adding 1/4 cup salt to the water while defrosting will keep the texture of the shrimp firm.
2. BEGIN heating the water for pasta in a large pot.
3. PEEL and devein shrimp, placing in a dry bowl.
4. HEAT oil and butter in a saute pan to medium-high. Add shrimp and garlic and sauté for 1 minute. Shrimp will be slightly undercooked and not completely pink.
5. ADD pasta to now boiling water, stirring occasionally to prevent sticking to bottom of pot.
6. REMOVE the shrimp from pan and place in a bowl, leaving the butter and garlic in the pan.
7. ADD lemon juice, salt, pepper and optional capers and red pepper flakes to the butter sauce.
8. LOWER the heat, cover and cook for 5 minutes until capers open just slightly and sauce has thickened a bit.
9. REINTRODUCE shrimp to sauce, and add the chopped Italian parsley, turning up the heat to medium and cooking them just until they turn completely pink, or another 1 to 2 minutes.
10. ADD all of the cooked, drained pasta to the sauce while still on the stove. Mix thoroughly, allowing the sauce to coat each piece of pasta while it heats and the two to fuse into one.
11. SERVE immediately while still steaming.