



# Wienstein & Gavino's NEW Gluten-Free Menu

MAY 18TH, 2016

Exciting news, foodies! Wienstein & Gavino's-one of Downtown Montreal's favourite hot spots has just released a new, innovative gluten-free menu for those of us with gluten sensitivities! You can expect the same great flavours & ingredients found in W&G's regular menu, but dishes are made entirely gluten-free. It's no secret that a gluten-free diet allows for better digestion and an increase in energy...and there's no need to sacrifice taste in the process! Their new gluten-free menu boasts a wide range of Italian favourites...everything from pizza & pasta to flavourful steak & seafood dishes. They've even created a gluten-free chocolate cake for dessert lovers!

Thank you to W&G for giving me a sneak peek and sharing their recipe for their new Spicy Shrimp Pasta in a Garlic Tomato Cream Sauce. I tested it out in my own kitchen last night and it was sensational. I can't wait to make my way down to Montreal this summer to try out the rest of the menu and experience the fun atmosphere of this popular restaurant.

For more information visit their website: <http://www.wgmtl.com/>

Location: 1434 Crescent Street, MTL.

#### INGREDIENTS:

-2 TABLESPOONS OLIVE OIL

-1 POUND SHRIMP, WITHOUT SHELLS, AND DEVEINED

-CRUSHED RED PEPPER

-PAPRIKA

-SALT

-1 SMALL ONION, FINELY CHOPPED

-4 GARLIC CLOVES, MINCED

-2 CUPS CANNED CRUSHED TOMATOES

-1/4 CUP CHICKEN BROTH

-1 TABLESPOON BASIL

-1/4 TEASPOON OREGANO

-1/2 CUP HEAVY CREAM

-8 OZ. GLUTEN-FREE PENNE PASTA

#### DIRECTIONS:

1. HEAT OLIVE OIL IN A LARGE SKILLET ON MEDIUM-HIGH HEAT. ADD SHRIMP AND COOK ON ONE SIDE FOR ABOUT 1 MINUTE, UNTIL SHRIMP TURNS PINK ON THAT SIDE. WHILE IT COOKS, SPRINKLE THE TOP OF SHRIMP WITH CRUSHED RED PEPPER, PAPRIKA AND SALT TO COVER EVERY SINGLE SHRIMP. MAKE SURE NOT TO CROWD THE SHRIMP IN THE SKILLET, OTHERWISE MOISTURE WILL FORM AND SHRIMP WON'T SEAR RIGHT. AND, DON'T SKIMP ON SPICES. USING SPATULA TURN SHRIMP OVER TO THE OTHER SIDE AND COOK FOR ABOUT 2 MORE MINUTES.

2. REMOVE SHRIMP TO A PLATE, BEING CAREFUL TO LEAVE ALL THE OIL IN THE SKILLET.

3. TO THE SAME SKILLET, ADD CHOPPED ONION AND MINCED GARLIC AND COOK ON MEDIUM HIGH HEAT IN THE OLIVE OIL THAT WILL HAVE

A NICE REDDISH COLOR FROM PAPRIKA AND CRUSHED RED PEPPER. COOK FOR ABOUT 2 MINUTES, OCCASIONALLY STIRRING, UNTIL ONIONS SOFTEN.

4. ADD CRUSHED TOMATOES AND CHICKEN BROTH. ADD BASIL AND OREGANO, MIX, BRING TO BOIL AND REDUCE TO SIMMER. SIMMER FOR ABOUT 10-15 MINUTES, MIXING OCCASIONALLY AND CRUSHING ALL TOMATOES INTO VERY SMALL BITES, UNTIL THE SAUCE REDUCES JUST A BIT. SEASON WITH MORE RED PEPPER AND SALT, IF NEEDED. IN THE END, WHILE ON SIMMER, ADD HEAVY CREAM, MIX IT IN, AND IMMEDIATELY REMOVE FROM HEAT.

5. ADD BACK THE SHRIMP AND PASTA. MIX EVERYTHING WELL TO COMBINE. REHEAT ON LOW SIMMER, IF NEEDED. DO NOT BRING TO BOIL OR HIGH HEAT AS IT MIGHT AFFECT THE SAUCE TEXTURE. ADD MORE SALT AND PEPPER IF NECESSARY.

6. WHEN SERVING, SPRINKLE THE TOP OF PASTA WITH JUST A TOUCH OF CRUSHED RED PEPPER.