

SHRIMP WITH FETA CHEESE

Marvin Rose

2 ½-lbs	Large uncooked shrimp
1 medium	Onion, finely chopped
½-cup	Olive oil
1 cup	Scallions, chopped
2-3	Garlic cloves, crushed
2 cups	Chopped, peeled tomatoes (Canned, crushed is ok, 28 oz.)
½-can	Tomato paste (3 oz)
½-cup	Dry white wine
¼-cup	Chopped flat leafed parsley
½-tsp	Dried oregano
½-tsp	Fennel seed
To taste	Kosher Salt
To taste	Freshly ground pepper
8 oz.	Feta cheese

Serves: 6

Oven temperature:(500 F) Total prep time: 40-50 minutes

PROCEDURE:

Shell Shrimp, leaving last segment of shell and the tail intact, De-vein and rinse. Drain and dry with paper towels and refrigerate until required.

In a pan gently fry onion in oil until transparent, add scallion and garlic and cook 2-3 minutes longer.

Add tomatoes, wine, most of the parsley, oregano. Salt and pepper to taste. Simmer gently for 20-30 minutes until thick.

Spoon half of the tomato sauce into a large oven dish.

Add Shrimp and spoon remaining sauce over them.

Coarsely crumble feta cheese and sprinkle on top.

Cook in a very hot oven for 10-12 minutes until Shrimp are pink and the feta melted and lightly browned.

Serve over rice, sprinkle with remaining parsley.

You can use this sauce with Pasta, Fish, or Chicken also.