



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Fish & Alfredo Pasta

Nonna Snowden recommends you visit her at www.nonnasnowdencooks.com and watch her “how to” videos on preparing several dishes. You can also visit [Nonna's YouTube channel](#) here. While visiting family in Coos Bay Oregon, Nonna went fishing. Upon returning home she baked the very fresh fish in Alfredo Sauce. She added some pasta to round out the plate! What a delicious meal!

Ingredients:

Olive Oil
1 packet Mushroom (sliced - 8 oz)
1 can Black Olives (6.5 oz)
Artichoke Hearts (14 oz can)
3 cloves Garlic (chopped)
1 pack Goat Butter (8 oz)
1 medium Onion (chopped)
Heavy Whipping Cream (1 quart)
Pecorino Romano (1/2 lb or more or less - your preference)
4-5 Fresh White Fish (Nonna used west coast Rock Cod)
2 large Lemons
Pasta 16 oz (small shells recommended)
Salt & Pepper
Gumbo Daddy Cajun Seasonings

Preparation: Preheat oven to 375°F.

1. Put goat butter into large pot. Melt butter.
2. Add artichoke hearts, mushrooms, olives, garlic and onion. Sauté over medium heat.
3. Add whipping cream and bring to a simmer over low to medium heat. Add seasonings if desired (salt, pepper). Stir occasionally.
4. Give the sauce time to simmer 30-60ish minutes
5. After sauce simmers for desired time, add grated cheese to sauce. Reduce heat. Let cheese melt. Stir occasionally.
6. When sauce is the thickness you like (or almost there), season fish. Salt & Pepper on both sides. Squeeze fresh lemon juice onto one side of fish. (See Note 1)
7. Also, start boiling water to cook pasta. Cook pasta according to package directions.
8. Fill frying pan with 1/8 inch olive oil. Heat oil.
9. Sear fish on both sides. (with heat on the high side of medium put fillet into pan for 6-10 seconds then flip and let other side sear for 6-10 seconds). Then remove from heat. The fish will NOT be cooked through.
10. Put fish into a baking pan. Cover fish with alfredo sauce. Save left over sauce.
11. Bake fish in oven at 375°F for 5ish minutes. Fish is cooked when it easily flakes apart. (See Note 2)

Note 1: There are several ways to thicken the sauce, simmer for longer, add more cheese, or use less heavy cream. You can easily vary the amount of sauce and cheese you use to make more or less sauce. Sauce still needs a minimum of 30 minutes to simmer before adding cheese.

Note 2: Nonna used thin fillets. They baked quickly. Thicker fillets will need more time to cook. You can test fish easy enough. Use a dull edge (like a thick spatula and try to cut the fish. If it flakes at the thickest part, it is cooked. If it is rubbery or tough, then it needs to cook longer. Do not use a lot of force. Fish should flake easily!

Nonna donates 50% of proceeds to JumpForTheRose.org.

