**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE: Creamy Cajun Linguine**

**Servings:** 2 people **Oven Temp:** n/a

**CAJUN MIX:**

2mL Garlic Powder

2mL Onion Powder

\*0.5mL Cayenne Pepper

1mL Paprika

1mL Pepper

1mL Salt

**INGREDIENTS:**

30mL Margarine

125mL Whipping Cream

60mL Parmesan Cheese

½ Egg Yolk

1/8 White Onion, finely chopped

½ Garlic Clove, minced

Handful Linguine Noodles

½ Green Onion, finely chopped

**INSTRUCTIONS:**

***Pasta Noodles***

1. Fill a pot 2/3 full with water then bring to a rolling boil by using high heat and leaving the lid on.
2. Add pasta to water and Cook for 10 minutes or until "al dente".
3. Strain cooked pasta using a colander. Do not rinse. Toss cooked pasta and sauce together. Enjoy!

***Creamy Cajun Sauce***

**\*REMINDERS:**

- Do not start your sauce until the noodles are almost done.

1. While noodles are cooking with 4 minutes left begin to melt 5mL margarine in a small saucepan over medium-low heat.
2. Add garlic and white onion, stirring frequently until fragrant, about 1 to 2 minutes.
3. Add remaining 25mL margarine. Once melted, add cream and stir constantly using a whisk.
4. Stir in Cajun Mixture and 60mL parmesan cheese. Stir constantly until melted.
5. Turn off burner and remove saucepan from heat. Temper egg yolk with partner.
6. Once egg yolk is warm then add back into hot cream mixture while whisking vigorously.
7. Return saucepan to burner and simmer over medium low heat for 1 to 2 min until hot then turn off.
8. Toss sauce with cooked noodles.
9. Garnish pasta with finely chopped green onion. Enjoy!

**TRAY:**

**PERSON B**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PERSON A:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**LAB DUTIES:**

**Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**QUESTIONS:**