



Crab Linguine

Highlights the crab's rich, buttery taste

- 3 Tablespoons olive oil
- 2 Tablespoons minced shallots
- 1 Tablespoon minced garlic
- 1 teaspoon red chili flakes
- 2 Tablespoons pesto sauce
- 1/2 cup cherry tomatoes, halved
- 1 cup Chardonnay
- 1/2 pound dried linguine
- 1 Tablespoon olive oil
- 2 to 4 ounces Dungeness crab, freshly picked
- Salt to taste
- 2 Tablespoons lemon juice
- 3 Tablespoons avocado, diced
- 2 Tablespoons fresh parsley
- 1 Tablespoon lemon zest
- 2 Tablespoons grated Parmesan (optional)

- In a medium-sized sauté pan, add 3 Tablespoons of olive oil and place over medium heat.
- Add shallots, garlic and chili flakes and cook for 2 to 3 minutes until the shallots are translucent and you can smell the garlic.
- Add the pesto sauce, halved cherry tomatoes and cook for 1 minute, so the pesto sauce releases some flavor.
- Add the wine, which will be the base of your pasta sauce. Reduce the wine by 1/3 or until the alcohol is cooked out (about 2 to 3 minutes).
- Cook the pasta by following the cooking directions on the package. Cook for the minimum amount of time so the pasta doesn't overcook.
- Drain pasta, reserving 4 tablespoons of cooking liquid. Return pasta to the pan, toss with 1 tablespoon olive oil and crab meat, reserving a few pieces for garnish.
- Cook on low heat for 1 to 2 minutes, add back reserved cooking liquid to coat the pasta.
- Season with salt and lemon juice. Use tongs to divide pasta into four bowls, cover with the wine sauce and garnish with reserved crab, diced avocado, chopped parsley, lemon zest and Parmesan (optional). Serves: 4

GGNotes: For larger dinner size portions: increase the amount of crab to 2-4 ounces, the linguine to 4-6 ounces. and top with additional avocado, parsley, lemon zest, and Parmesan as desired.

Recipe by: Chef Michael Rotondo, Executive Chef at the Coastal Kitchen of Monterey Plaza Hotel
See: <https://montereybayfisheriestrust.org/recipes/dungeness-crab-linguine>

About the Recipe: Chef Rotondo says that this recipe is an easy one to make at home with your family. It lets the sweet, buttery flavors of the crab shine through. He remembers making fresh pasta at a very early age with his mom and how much this type of recipe brought his family together at the dinner table.