
Casserole Saint Jacques

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

2 cups scallops
1 cup dry white wine
1 small onion, sliced
1 tablespoon parsley
2 teaspoons lemon juice
1/2 teaspoon salt
4 tablespoons butter
6 tablespoons flour
1 cup half-and-half
2 ounces Gruyere cheese, cubed
dash pepper
1 can (7-1/2 ounce) crabmeat
1/2 pound shrimp
1 can (3 ounce) sliced mushrooms
bread crumbs
butter

In a saucepan, combine the scallops, wine, onion, parsley, lemon juice and salt. Bring to a boil and simmer for 5 minutes. Drain, reserving one cup of the liquid.

In a saucepan, melt the butter and stir in the flour. Add the half-and-half and the reserved liquid. Over medium heat, cook and stir until the mixture thickens. Remove from the heat.

Add the cheese and a dash of pepper. Add the scallop mixture, crabmeat (drained and flaked), shrimp and mushrooms. Spoon the mixture into six individual casseroles. Top with bread crumbs and dots of butter.

Bake in the oven at 350 degrees for 25 minutes or until heated through.

Seafood

Per Serving (excluding unknown items): 302 Calories; 12g Fat (41.0% calories from fat); 29g Protein; 11g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 540mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.