

Fish Casserole

Pat Stanford - Demopolis, AL

Treasure Classics - National LP Gas Association - 1985

Yield: 6 to 8 servings

*1 pound bass (or other whitefish)
milk (enough to cover the fish)
1 1/2 cups flour
salt (to taste)
pepper (to Taste)
1 stick butter
1 bell pepper, sliced
5 to 6 green onions, diced
2 cans (10-3/4 ounce ea) cream of shrimp soup
2 cans (6-1/2 ounce ea) canned shrimp (or 1 pound or more cleaned shrimp)
1/2 pound crab meat
2 ounces oysters, drained
1 can (5 ounce) sliced mushrooms, juice reserved
juice of one lemon
1/3 cup sherry
salt
red pepper flakes
Worcestershire sauce (to taste)*

Preparation Time: 25 minutes**Bake Time: 40 minutes**

Soak the fish in milk for two or three hours.

Dip the fish in seasoned flour. In a skillet, brown the fish in butter. Drain. Place the fish in a two-quart baking dish.

In the skillet, saute' the bell pepper and onion in the same butter until limp. Add the soup, shrimp, other seafood, mushrooms, 1/3 cup of the reserved mushroom juice, lemon juice, sherry, salt, red pepper flakes and Worcestershire sauce (to taste). Pour the mixture over the fish fillets.

Bake at 350 degrees for 30 to 40 minutes.

Best served over rice.

Per Serving (excluding unknown items): 2122 Calories; 109g Fat (48.1% calories from fat); 81g Protein; 184g Carbohydrate; 11g Dietary Fiber; 515mg Cholesterol; 3790mg Sodium. Exchanges: 10 1/2 Grain(Starch); 7 Lean Meat; 3 Vegetable; 20 1/2 Fat; 0 Other Carbohydrates.