

Pamlico Sound Oyster Casserole

Elsie Morris - New Bern, NC

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Servings: 6

1/4 cup chopped onions

1/3 cup butter, melted

*2 cups cracker crumbs,
crushed*

1 1/2 pints oysters

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 teaspoon cayenne

pepper

1/4 teaspoon paprika

1/4 teaspoon celery seed

1 1/4 cups milk

In a skillet, saute' the onions in butter. Crush two cups of cracker crumbs. Place a layer of crumbs in the bottom of a two-quart casserole dish.

Place a layer of oysters . Put on a layer of cracker crumbs and dot with butter and onions on the top of the oysters. Layer again and again with the same ingredients, until no oysters are left.

In a bowl, combine the salt, pepper, cayenne, paprika, celery seed and milk. Pour the milk with the dry ingredients on top of the last layer of oysters.

Bake for 20 to 30 minutes at 350 degrees (until the oysters just begin to curl).

Be sure to place crumbs on the top and bottom of the casserole.

Per Serving (excluding unknown items): 208 Calories; 15g Fat (64.4% calories from fat); 11g Protein; 8g Carbohydrate; trace Dietary Fiber; 100mg Cholesterol; 567mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.