

Seafood Newberg

Carol Callaway

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 8

*16 ounces cod fish
12 to 16 ounces shrimp
6 ounces crabmeat OR
scallops
1 pound fresh mushrooms,
sliced
10 ounces frozen peas
1/3 cup flour
1 teaspoon salt
1/8 teaspoon pepper
1/4 cup cooking OR dry
sherry
3/4 cup shredded Cheddar
cheese
2 jars (4 ounce ea) pimiento
(optional), drained and cut
in strips
paprika
4 cups half-and-half
1 cup milk
7 tablespoons butter*

Thaw all of the seafood. Cut into bite-size pieces.

In a four-quart saucepan, cook the mushrooms in three tablespoons of butter until tender. Remove to a bowl.

In a saucepan, melt four tablespoons of butter. Stir in the flour, salt and pepper. Cook for 1 minute. Add the milk and half-and-half. Cook until smooth. Add, fish, shrimp, crabmeat, peas, sherry and mushrooms. Cook over low heat, stirring frequently.

When the seafood is cooked, add the cheese and pimiento. Cook until the cheese is melted.

Serve over wild or brown rice or omit the peas and serve over Greek style rice pilaf.

Per Serving (excluding unknown items): 220 Calories; 15g Fat (60.7% calories from fat); 9g Protein; 13g Carbohydrate; 2g Dietary Fiber; 56mg Cholesterol; 505mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.