

Grannys Own Shrimp and Hearts of Artichokes

Mrs David W cox

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 1/2 pounds cooked
shrimp
1 large can artichokes
Sauce
2 tablespoons butter
2 cups milk
2 tablespoons flour
salt
pepper
1 teaspoon Worcestershire
sauce
1/2 teaspoon paprika
1 tablespoon sherry
1 cup sharp cheese, grated
1 tablespoon catsup
sharp cheese (for topping)*

Preheat the oven for 30 minutes.

In a large saucepan, combine the butter, milk, flour, salt and pepper. Cook slowly until smooth and thick.

Add the Worcestershire, paprika, sherry, sharp cheese and catsup. Stir well.

Butter a casserole dish. Place a layer of shrimp and then a layer of artichokes. Repeat the layers until all of the shrimp and artichokes have been used.

Cover with the sauce. Top with more cheese.

Bake for 30 minutes.

Per Serving (excluding unknown items): 1787 Calories; 51g Fat (26.9% calories from fat); 259g Protein; 55g Carbohydrate; 8g Dietary Fiber; 2341mg Cholesterol; 3364mg Sodium. Exchanges: 1 Grain(Starch); 32 1/2 Lean Meat; 2 1/2 Vegetable; 2 Non-Fat Milk; 7 1/2 Fat; 1/2 Other Carbohydrates.