
Stevenson`s Shrimp

Donna Benedict

Nettles Island Cooking in Paradise - 2014

6 1/2 tablespoons butter, divided
4 1/2 tablespoons flour
3/4 cup milk
3/4 cup whipping cream
1/4 cup dry sherry
1 tablespoon Worcestershire sauce
salt (to taste)
white pepper (to taste)
2 cans (8 ounces ea) artichoke hearts, drained
2 pounds cooked shrimp
1 pound mushrooms, sliced
1/4 cup grated Parmesan cheese
paprika (optional)
parsley (for garnish)

Preheat the oven to 375 degrees.

In a saucepan, melt 4-1/2 tablespoons of butter. Sti in the flour, browning slightly as for a roux. Add the milk and cream, stirring with a wire whisk. Cook until the mixture becomes very thick. Do not boil. Stir in the sherry and Worcestershire sauce. Continue to stir over low heat until well blended. Remove from the heat.

Cut the artichoke hearts into halves or quarters. Place in a 9x13-inch casserole dish. Arrange the shrimp on top of the artichokes. Lightly saute' the mushrooms in the remaining two tablespoons of butter. Place on top of the shrimp. Spoon white sauce over the mushrooms. Sprinkle Parmesan cheese and then paprika over all.

Bake, uncovered, for 30 minutes or until bubbly. Garnish with fresh parsley.

Serve over lemon rice.

(This recipe can be made ahead.)

(If using cleaned frozen and raw shrimp, bring water to boiling. Drop the shrimp into the water. Stir once.. Bring to a rolling boil for only one minute. Drain. Plunge into cold water to stop cooking.)

Yield: 6 to 8 servings

Seafood

Per Serving (excluding unknown items): 2781 Calories; 164g Fat (54.4% calories from fat); 227g Protein; 84g Carbohydrate; 15g Dietary Fiber; 2257mg Cholesterol; 3655mg Sodium. Exchanges: 2 Grain(Starch); 27 Lean Meat; 8 Vegetable; 1 1/2 Non-Fat Milk; 29 1/2 Fat; 0 Other Carbohydrates.