
Joel's Seafood Jambalaya

Robin & Joel's Restaurant - Sarasota, FL

Sarasota's Chef Du Jour - 1992

1/8 cup oil

1 tablespoon garlic

1/4 cup soy sauce

1/4 cup Worcestershire sauce

1/2 teaspoon Tabasco sauce

1 cup ham or turkey, cubed

1 bunch celery, diced

2 large onion, diced

SEASONINGS

1/4 teaspoon black pepper

1/2 teaspoon salt

1/2 cup brown sugar

OTHER INGREDIENTS

32 ounces crushed tomatoes

3 cups water

1 pound raw shrimp, peeled and deveined

1/2 pound bay scallops

1/2 pound blue crab meat claw, picked and cooked

1/2 cup cornstarch

1 cup water

In a medium size pot, add the oil, garlic, soy sauce, Worcestershire sauce, ham or turkey. Add the Tabasco sauce.

Simmer for 3 to 4 minutes. Then add the chopped celery. Simmer and stir for 3 to 4 minutes. Add the chopped onions, stirring constantly.

Add the black pepper, salt and brown sugar. Continue stirring. Add the crushed tomatoes and water. Bring back to a boil. Add the seafood. Stir well when it returns to the boil. In a bowl, dissolve the cornstarch. Stir well until smooth. Add the cornstarch and water solution to thicken.

Serve over rice,

Yield: 8 to 10 servings

Seafood

Per Serving (excluding unknown items): 1428 Calories; 31g Fat (18.7% calories from fat); 61g Protein; 241g Carbohydrate; 23g Dietary Fiber; 75mg Cholesterol; 7448mg Sodium. Exchanges: 4 Grain(Starch); 5 Lean Meat; 18 Vegetable; 5 Fat; 5 1/2 Other Carbohydrates.