
Seafood Au Gratin

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 20

5 pounds lobster (3-1/2 pounds after cleaning)

5 pounds shrimp (3-1/2 pounds after cleaning)

2 pounds crabmeat

handful salt

1 cup cider vinegar

1/2 cup sherry (optional)

5 cups cooked rice

SAUCE

1 cup butter

1 cup flour

7 cups milk

1 cup tomato puree'

1 2/3 tablespoons salt

1/2 teaspoon cayenne pepper

1 1/2 teaspoons paprika

2 cloves garlic, minced fine

2 tablespoons MSG

5 ounces Gruyere cheese, cut in small pieces

1/4 pound American cheese, cut in small pieces.

Make the sauce: In a large saucepan, melt the butter and add the flour. Blend and cook over low heat for 1 minute, stirring constantly.

Add the milk, tomato puree', salt, cayenne, paprika, garlic cloves, MSG and the cheeses which have been cut into small pieces. Cook over low heat, stirring constantly, until the cheese has melted and the sauce is thick and bubbling.

Assemble the dish: If frozen lobster tails are used, plunge them into a large pot of boiling water to which a handful of salt and a cup of cider vinegar have been added. Cover and cook over high heat for 20 minutes. Drain and cool.

Slit the lobster shell and remove the meat. Remove the dark vein from the center of the tail meat. Cut the lobster into bite-size chunks.

Cook the shrimp in the same way, but allow only 10 minutes of cooking time. Shell, devein and leave whole.

Add the seafood to the sauce and heat together. Add sherry, if desired.

Serve over hot rice.

Seafood

Per Serving (excluding unknown items): 532 Calories; 20g Fat (34.3% calories from fat); 61g Protein; 24g Carbohydrate; trace Dietary Fiber; 365mg Cholesterol; 1590mg Sodium. Exchanges: 1 Grain(Starch); 7 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.