

Shrimp and Scallops Stroganoff

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Servings: 6

1 pound jumbo or large shrimp
1 pound sea scallops
1/2 pound mushrooms, sliced
3 tablespoons butter or margarine
2 tablespoons dry sherry
2 tablespoons flour
1/8 teaspoon pepper
1 envelope chicken-flavored bouillon
1 cup water
8 ounces sour cream
2 teaspoons minced parsley (for garnish)

Shell and devein the shrimp. Rinse with cold water. Rinse the scallops to remove any sand. Pat the shrimp and scallops dry.

In a twelve-inch skillet over medium-high heat, melt two tablespoons of the butter. Cook the shrimp and scallops, stirring frequently, until the shrimp turn pink and the scallops are tender, about 5 minutes. Remove the shrimp and scallops to a bowl.

To the drippings in the skillet, add one tablespoon of butter. Add the mushrooms and sherry. Cook, stirring frequently, until the mushrooms are tender.

In a cup, stir the flour, pepper, bouillon and one cup of water until blended. Stir into the mushrooms. Cook the mushroom mixture, stirring constantly, until the sauce boils and thickens slightly. Reduce the heat to low. Stir in the sour cream until blended.

Return the shrimp and scallops to the skillet. Cook over low heat, stirring constantly, until the shrimp and scallops are hot (do not boil). Pour the mixture into a serving bowl.

Garnish with parsley.

Per Serving (excluding unknown items): 223 Calories; 14g Fat (59.4% calories from fat); 15g Protein; 7g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 204mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.