

Baked Seafood Casserole



Simple to prepare and tastes like a million dollars

Serves 8

1 onion, chopped	4c water	1c cheddar cheese, shredded
1 red bell pepper, chopped	1 pound shrimp, raw, peeled, deveined	1T Worcestershire sauce
1c butter, divided use	1/2 pound bay scallops	salt and pepper
1c all~purpose flour, divided use	1/2 pound flounder fillet	1t Tabasco sauce
1 pound crab meat, picked over for shells	3c milk	1/2c Parmesan cheese, grated

In heavy skillet, sauté onion and red pepper in half of the butter cooking until tender. Sprinkle onion with half of the flour and cook over medium heat for 5 minutes, stirring constantly. Stir in crabmeat, remove from heat and set aside.

In large Dutch oven, bring water to boil. Add shrimp, scallops and flounder and simmer 3 minutes. Drain, reserving 1c of the cooking liquid. Set seafood aside.

In same Dutch oven the shrimp was cooked in, melt remaining butter over low heat. Stir in remaining flour and cook, stirring constantly for 1 minute. Gradually add milk and reserved cooking liquid. Raise heat to medium and cook, stirring constantly until mixture is thickened and bubbly. Mix in cheddar cheese, Worcestershire sauce, salt, pepper, Tabasco and cooked seafood.

Preheat oven to 350. Lightly grease 9x13 baking dish. Press crabmeat mixture into bottom of baking dish and spoon seafood mixture over crabmeat. Sprinkle with Parmesan cheese.

Bake 30 minutes or until hot, browned and bubbly.

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