

# SEAFOOD CRUNCH CASSEROLE

**Serves 4**

## **Ingredients**

- 1 – 10 ounce can frozen condensed cream of shrimp soup
- ¼ cup mayonnaise
- 1 cup crushed potato chips
- 1 – 6 ½ ounce can crabmeat (drained and flaked)
- 1 cup diced celery
- ½ cup diced onion
- ½ cup diced green pepper
- 1 teaspoon Worcestershire

## **Directions**

Thaw shrimp soup and mix well with mayonnaise. Add ¾ cup crushed potato chips and remaining ingredients. Stir well. Turn into greased casserole and top with remaining ¼ cup crushed potato chips. Bake in 350° oven for 45 minutes.

Mrs. T.N. Henderson, Jr.



# SHRIMP, BACON CHEESE AND GRITS

**Serves 4**

## **Ingredients**

4 slices bacon, finely chopped

½ pound shrimp, cleaned and picked

4 ½ cups chicken stock

1 cup quick-cooking grits

Coarse salt and ground pepper

1 cup plus another ½ cup grated sharp cheddar cheese (2.5 ounces)



## **Directions**

Bring chicken stock to boil and whisk in grits. Whisk until thickens, and then simmer. In saucepan, cook bacon until browned and crisp. Remove and when cool crumble. Sauté shrimp in bacon fat a few minutes, since shrimp is really fast to cook. Whisk in 1 cup grated cheddar and ¾ bacon mixture. Pour into a 2 quart serving dish and top with remaining cheddar and bacon mixture.

# COMPANY CHICKEN BREASTS

Can be prepared early and refrigerated until ready to bake

## Ingredients

8-10 boneless chicken breast halves

1 (8 ounce) container sour cream

1 teaspoon lemon juice

2 teaspoons Worcestershire sauce

1 teaspoon paprika

1 teaspoon celery salt

½ teaspoon salt

1 (8 ounce) package Pepperidge farm dressing (regular or cornbread)

1 stick margarine

## Directions

Rinse chicken and pat dry

Mix together sour cream, lemon juice, Worcestershire sauce, paprika, celery salt and salt in a small deep bowl

Crush dressing until fairly fine

Melt margarine, use about 1 – 2 tablespoons to grease bottom of baking dish, set aside

Dip chicken in sour cream mixture, roll in crushed dressing

Drizzle remaining melted margarine over chicken

If not baking immediately, cover and refrigerate. When ready to cook, remove cover, place 350° oven for 1 – 1 1/2 hours or until tender. Place on platter garnish with lemon slices and parsley.



# GAZPACHO (COLD SOUP)

**Makes 8 servings**

## **Ingredients**

- ½ cup cucumber, diced
- 4 ripe tomatoes, peeled and chopped
- ½ cup green pepper, chopped
- ¼ cup wine vinegar
- 1/3 clove garlic
- ¼ cup olive oil
- 2 ½ cups tomato juice
- 1 teaspoon salt
- ¼ teaspoon pepper



Combine and chill. Makes a refreshing summer soup when garden produce is ripe and plentiful.

From NCCF's Pelicans' Porch 1993

# GRILLED SEA SCALLOPS



**Makes 12 servings**

Serve with rice and ceasar salad

## Ingredients

- 1 cup dry white wine
- ½ cup of white wine vinegar
- ½ cup olive oil
- 2 tsp. dry mustard
- 2 tsp Tarragon
- 4 cloves garlic, crushed
- 28 ounces sea scallops

## Directions

Mix wine, mustard, vinegar, tarragon, oil, garlic. Add scallops for 30 minutes. Drain scallops, sprinkle with coarse salt and grill until opaque.

## MUFFALETTA SANDWICHES

**These sandwiches are a south Louisiana phenomenon and can be found at Italian groceries in the French Quarter, as well as local restaurants. The better the bread, ham and salami the better the sandwich!**



**Mix, stir together, and refrigerate the following:**

- 1 Tablespoon Italian seasoning
- 1 Tablespoon chopped garlic
- 1 teaspoon parsley
- 2 small cans black chopped olives
- 1 large jar salad olives, drained
- 3 Tablespoons olive oil

To make the sandwich, spread the above dressing (approximately 2 Tablespoons) on 1 half of a good roll (Italian preferably)

Put 2 slices Swiss cheese, 2 slices ham and 2 slices of salami on top of dressing.

Wrap sandwich in foil and heat in oven until cheese is melted – about 15 minutes at 325°

If in a hurry, these can be boiled open face until cheese and meat is heated.

Submitted by Georgia Mason – NCCF Pelicans' Pantry 1993

## NO MESS SEAFOOD SHEET PAN DINNER



Line a rimmed sheet pan with foil

Place whole stick of butter on the pan and place in oven to melt, just a few minutes.

Removed pan from oven and add cleaned, peeled shrimp and fresh fish (wahoo but any local fish will work).

Add thin slices of 1 lemon and juice of another lemon

Sprinkle your favorite seafood spice – blend over all.

Top with chopped fresh Italian parsley, thinly slice green onion, and a little kosher salt and fresh ground pepper.

Back into the oven till shrimp turns pink.

Enjoy your simple feast with easy clean up!

Lynne Foster

# SHRIMP STUFFED IN BELL PEPPERS

Serves 6



## Ingredients

- 6 bell peppers (medium)
- 2 cups shrimp, cooked and picked
- 1 cup bread crumbs
- 2 eggs, beaten
- ½ cup milk
- 3 Tablespoons butter
- 3 Tablespoons chopped celery
- 1 Tablespoon chopped onion
- 1 Tablespoon chopped bell pepper
- 1 teaspoons salt
- 1/8 teaspoon black pepper
- 1 Tablespoon Worcestershire

## Directions

Cut off tops and remove seeds from peppers. Cook pepper shells in boiling water for five minutes and then put at once into cold water. Cut shrimp slightly. Combine with eggs, crumbs and milk. Sauteé chopped ingredients in butter for three minutes, and add to shrimp mixture. Add seasonings and stuff into pepper shells, putting a few bread crumbs and a dot of butter on top of each. Bake 30 to 40 minutes in moderate oven (375°).