



Baked Seafood Delight

Ingredients

1 lb of fish, cooked
1 lb of lobster meat, cooked
1 lb of Maine shrimp, cooked
3 Tbl of butter
1 onion, diced
2 stalks of celery, diced
1/2 cup of sliced scallions
1 green or red pepper, chopped
4 ounces of mushrooms, sliced
2 cloves garlic, diced
1 tsp of thyme
1 tsp of basil
1/2 cup of white wine
Juice of 1 lemon
Salt and pepper to taste
1 cup of Italian style breadcrumbs
1 1/2 or 2 cups of shredded parmesan and cheddar cheese
Chopped parsley and paprika for garnish

Directions

Preheat oven to 375 degrees.

In a large frying pan, saute onion and celery in butter for 2-3 minutes over medium high heat. Add scallions, peppers, mushrooms and garlic. Reduce heat to medium. Season vegetables with thyme and basil, and then salt and pepper to taste. Continue cooking until all vegetables are cooked through.

Add fish, shrimp, lobster, wine and lemon juice to the vegetables in the pan and stir to mix thoroughly, seasoning with salt and pepper if needed. Cover pan and stir periodically until seafood mixture is warmed through.

Transfer seafood mixture to a lightly oiled rectangular glass baking dish. Top with breadcrumbs and cheese. Bake until cheese is melted and breadcrumbs are crispy, approximately 20-25 minutes.

Top with paprika and parsley.