

Our State eats

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Seafood Casserole

Yield: 8 to 10 servings.

- 4 cups brown rice, cooked per instructions
- 4 tablespoons unsalted butter, divided
- 1 sweet onion, finely chopped
- 2 stalks celery, chopped
- 1 red bell pepper
- 3 tablespoons flour
- 2 cups seafood or chicken stock
- ¼ cup dry white wine
- ¼ cup cooking sherry
- 1 teaspoon salt
- ¼ teaspoon ground cayenne pepper
- ½ teaspoon garlic powder
- ½ cup grated Parmesan cheese, divided
- 1 pound medium shrimp, peeled and deveined
- 8 ounces fresh lump crabmeat
- 8 ounces fresh bay scallops
- ¼ cup fresh chopped flat-leaf parsley

Preheat oven to 350°. Prepare a 2-quart baking dish with cooking spray and set aside. In a large skillet, melt 2 tablespoons of butter. Add onion and celery, and sauté until vegetables become translucent, approximately 2 to 3 minutes. Add bell pepper and sauté for 1 minute. Remove skillet from heat and set aside.

In a separate skillet, melt 2 tablespoons of butter. Stir in flour to make a roux. When butter and flour are well blended, add stock, wine, and sherry, stirring constantly until thickened. Stir in salt, cayenne pepper, and garlic powder. Stir in ¼



cup Parmesan cheese. Add cooked brown rice and sautéed vegetables to sauce and stir.

Pour half of the rice-veggie mixture into the prepared baking dish. Evenly distribute half of the uncooked shrimp over rice. Top shrimp with half of the lump crabmeat and all of the scallops, followed by a second layer of the rice-veggie mixture. Add remaining shrimp and crabmeat on top of rice and sprinkle with remaining Parmesan cheese. Cover and bake for 45 to 55 minutes. Sprinkle with fresh parsley before serving.

Note: If making this dish ahead, assemble casserole, cover with plastic wrap, and refrigerate before baking.

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