



FRESH MAINE SEAFOOD THERMIDOR

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Ingredients:

Butter	3 oz.	Shellfish combination, medium dice, 8 oz	
Shallots, diced	3 oz.	Scallops	
Mushrooms, sliced	2 cups	Maine shrimp	
Shellfish stock	8 oz.	Lobster meat	
Heavy cream	16 oz.	Fresh bread crumbs	3/4 cup
Brandy	3 oz.	Gruyere, shredded	3 oz.
Dry Sherry	3 oz.	Parsley, chopped	1 Tbsp.
Cayenne or Tabasco	1/2 tsp.	Pastry shells, baked	4
Worcestershire sauce	1/2 tsp.	Red pepper strips, blanched	

Directions:

Saute the shallots, then mushrooms until cooked. Season with salt and pepper.
Add the stock and heavy cream. Bring to a boil, then reduce heat and simmer until reduced by half.
Add the cayenne, and Worcestershire sauce and cook another minute.
In a large bowl, fold the seafood, parsley and breadcrumbs together. Mix with the mushroom sauce.
Fill each pastry shell with the seafood mixture. Sprinkle with 1 oz. of Gruyere cheese and top with two pepper strips criss-crossed on the top. Bake until bubbly. Serves 4.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.