

## SEAFOOD CASSEROLE

### Equipment:

Measuring Spoons  
Measuring Cup  
Microwave safe casserole with cover  
Wire Whip  
Wooden Spoon or High Temp Rubber Spatula

### Ingredients:

1/2 cup butter 125 ml  
1 onion, finely chopped 1  
1/3 cup flour 75 ml  
2 cups milk 500 g  
1/2 tsp salt 2 ml  
1/4 tsp pepper 1ml  
4 cups combination of shrimp, 1 L  
Crabmeat and scallops  
3 cups rice, cooked 750 ml  
1/2 cup celery, chopped 125 ml  
1/4 cup parsley, chopped 50 ml  
1 cup mushrooms, sliced 250 ml  
1 cup Cheddar cheese, shredded 250 ml

### Procedure:

1. In a 2-quart (2 L) measuring cup, heat butter at **P7** 1 minute.
2. Add onion and cook at **P7** 2 - 3 minutes.
3. Stir in flour, milk, salt, and pepper and cook at **P4** 3 - 4 minutes, or until mixture thickens.
4. Stir occasionally.
5. In a 4-quart (4 L) casserole, combine seafood, rice, celery, parsley and mushrooms with sauce.
6. Cover casserole with lid.
7. Cook at **P4** 9 - 12 minutes.
8. Sprinkle with cheese.
9. Let stand, covered, 10 minutes before serving.

### Chefs Tip:

Add different cheeses to regionalize the dish.