



COOKING WITH JAN

February 14, 2018 ~ Recipes at Coborns & kokk.com

LENTEN RECIPES 2018 ~ Seafood Pasta



SEAFOOD-SPINACH LASAGNA

- 9 UNCOOKED LASAGNA NOODLES
- 1 CUP BAY SCALLOPS, CUT INTO BITE-SIZE PIECES
- 6 OZS COOKED SHRIMP, DEVEINED & PEELED
- 3 CLOVES GARLIC, FINELY CHOPPED
- 10 OZS ALFREDO PASTA SAUCE
- 16 OZS RICOTTA **OR** COTTAGE CHEESE
- 3 CUPS SHREDDED ITALIAN CHEESE BLEND
- 9 OZ BOX FROZEN SPINACH, THAWED & SQUEEZED DRY

- 1 TBLs BUTTER
- 6 OZS COOKED CRABMEAT
- 1 CUP CHOPPED ONIONS
- 8 OZS CREAM CHEESE WITH CHIVES & ONIONS
- 1/3 CUP DRY WHITE WINE **OR** CHICKEN BROTH
- 1/4 CUP CHOPPED FRESH BASIL
- 1 EGG, SLIGHTEN BEATEN

PREHEAT OVEN TO 350 DEGREES; SPRAY 9X13" BAKING DISH WITH COOKING SPRAY. COOK & DRAIN THE NOODLES AS DIRECTED ON PACKAGE USING MINIMUM COOKING TIME. IN SKILLET, MELT BUTTER; ADD THE SCALLOPS, COOK 2 MINUTES UNTIL FIRM & OPAQUE. WITH SLOTTED SPOON, REMOVE SCALLOPS TO BOWL AND ADD CRABMEAT & SHRIMP; COVER & REFRIGERATE. IN SAME SKILLET, COOK ONIONS AND GARLIC FOR 4-5 MINUTES, STIRRING OCCASIONALLY, UNTIL ONIONS ARE SOFTENED. REDUCE HEAT TO LOW; ADD CREAM CHEESE AND STIR UNTIL SOFTENED & CREAMY. BEAT IN THE ALFREDO SAUCE AND WINE WITH A WIRE WHISK; REMOVE FROM HEAT. IN ANOTHER BOWL, MIX TOGETHER THE RICOTTA CHEESE, 2 CUPS OF THE CHEESE BLEND, THE SPINACH, BASIL & EGG; SET ASIDE. SPREAD 1/2 CUP OF THE CREAM CHEESE SAUCE IN THE BAKING DISH; TOP WITH 3 NOODLES. SPREAD 1/2 OF THE RICOTTA MIXTURE (ABOUT 1 1/2 CUPS) AND 1/3 OF THE SEAFOOD MIXTURE (ABOUT 1 CUP) OVER THE NOODLES; SPREAD WITH 2/3 CUP OF THE CREAM CHEESE SAUCE. TOP WITH 3 NOODLES, THE REMAINING RICOTTA MIXTURE, HALF OF THE REMAINING SEAFOOD MIXTURE AND 2/3 CUP OF THE CREAM CHEESE SAUCE. END WITH THE REMAINING NOODLES, THE SEAFOOD AND THE CREAM CHEESE SAUCE. COVER WITH FOIL; BAKE 40 MINUTES, THEN UNCOVER AND SPRINKLE WITH THE REMAINING 1 CUP CHEESE BLEND. BAKE, UNCOVERED, FOR 10 MINUTES LONGER OR UNTIL CHEESE IS MELTED. LET STAND FOR 10 MINUTES BEFORE CUTTING. MAKES 12 SERVINGS.

SHRIMP PASTA SALAD with FRUIT SALSA

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| <u>SALAD</u> | 2 CUPS UNCOOKED BOW-TIE PASTA | 1 HEAD BOSTON LETTUCE |
| | 1 MEDIUM CUCUMBER, SLICED | 1 AVOCADO, SLICED |
| | 12 OZS COOKED LARGE SHRIMP, PEELED & DEVEINED | |
| <u>SALSA</u> | 1/2 CUP COARSELY CHOPPED PINEAPPLE | 1/2 CUP CHOPPED STRAWBERRIES |
| | 1 TSP GRATED ORANGE PEEL | 2 TBLs ORANGE JUICE |
| | 1 TBLs OLIVE OR VEGETABLE OIL | 1/4 TSP SALT |
| | 1/8 TSP WHITE PEPPER | 2 KIWIFRUIT, PEELED & CHOPPED |
| | 1 SMALL JALAPENO CHILI, CHOPPED | |

MIX ALL THE FRUIT SALSA INGREDIENTS TOGETHER. COOK & DRAIN PASTA AS DIRECTED ON PACKAGE; RINSE WITH COLD WATER; DRAIN. DIVIDE LETTUCE LEAVES AMONG SERVING PLATES; ARRANGE THE PASTA, CUCUMBER, SHRIMP & AVOCADO SLICES ON THE LETTUCE LINED PLATES. SERVE WITH THE SALSA.

LOBSTER MAC & CHEESE

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| 1 LB ELBOW PASTA | 9 TBLs BUTTER |
| 1 CLOVE GARLIC | 1 LB COOKED LOBSTER MEAT, CHOPPED |
| 1 TBLs FRESH PARSLEY PLUS MORE FOR GARNISH | 1 1/2 CUP CRUSHED BUTTER CRACKERS |
| 1/4 CUP FLOUR | 3 CUPS WHOLE MILK |
| 1 1/2 CUPS SHREDDED WHITE CHEDDAR CHEESE | 1 1/4 CUPS SHREDDED GRUYERE CHEESE |
| 1 CUP SHREDDED FONTINA CHEESE | 4 OZS BRIE, RIND REMOVED AND CHOPPED |
| 1/4 TSP MUSTARD POWDER | 1/4 TSP CAYENNE POWDER |
| 1/4 TSP SALT | 1/2 TSP BLACK PEPPER |

PREHEAT OVEN TO 350 DEGREES; SPRAY BAKING DISH WITH NONSTICK COOKING SPRAY. BRING LARGE POT OF SALTED WATER TO BOIL; BOIL THE PASTA UNTIL AL-DENTE LEAVING IT WITH A BIT OF A BITE AS IT WILL FINISH COOKING IN THE OVEN; DRAIN. WHILE PASTA IS BOILING, MELT 3 TBLs BUTTER IN A SKILLET. ADD THE GARLIC AND SAUTE FOR 30 SECONDS; ADD THE LOBSTER MEAT AND SAUTE FOR 3-6 MINUTES. ADD THE PARSLEY AND COOK FOR ANOTHER 30 SECONDS; REMOVE LOBSTER FROM THE PAN. ADD 2 TBLs OF THE BUTTER; ADD CRUSHED CRACKERS AND TOSS TO COAT. TOAST THE CRUMBS FOR 3-5 MINUTES, STIRRING FREQUENTLY TO AVOID BURNING. ONCE LIGHTLY TOASTED, REMOVE FROM HEAT AND SET ASIDE. IN THE PASTA POT, MELT THE REMAINING 4 TBLs OF BUTTER; WHISK IN THE FLOUR. REDUCE THE HEAT AND LET COOK FOR 1 MINUTE, STIRRING TO AVOID BURNING. GRADUALLY WHISK IN THE MILK; RAISE THE HEAT TO MEDIUM-HIGH AND BRING TO A BOIL. WHISK THE MIXTURE FREQUENTLY UNTIL THE SAUCE THICKENS, ABOUT 2-3 MINUTES. REMOVE FROM HEAT; STIR IN THE CHEESES, MUSTARD POWDER, CAYENNE, SALT AND PEPPER. STIR UNTIL CHEESE IS FULLY MELTED; ADD IN THE PASTA AND 3/4 OF THE LOBSTER MEAT. POUR INTO BAKING DISH; SPRINKLE THE REMAINING LOBSTER CHUNKS AND THE CRACKER CRUMBS OVER TOP. PLACE ON BAKING SHEET; BAKE FOR 20 MINUTES OR UNTIL CRUMBS ARE BROWNED & SAUCE IS BUBBLING.