



Fun Friday
INAUGURAL LUNCHEON "SEAFOOD CHOWDER"

- 1 tablespoon olive oil
- 1/2 pound small uncooked shrimp, peeled
- 4 tablespoons butter
- 1 cup onion, finely chopped
- 1/2 cup celery, finely chopped
- 1/2 cup carrots, small dice
- 1/2 cup potatoes, small dice
- 1 teaspoon garlic, crushed
- 1/3 cup flour
- 2 cups chicken broth, warm
- 2 cups half & half
- 2 cooked lobster tails, chopped
- 1/2 cup Sherry
- 1 teaspoon Creole seasoning
- sea salt, to taste

1. In a large saucepan heat olive oil on medium-high heat. Sauté shrimp for 3 minutes. Remove shrimp from pan & set aside.
2. Add butter to pan then sauté onion, celery, carrots, potatoes & garlic for 7 minutes. Stir flour into the pan & whisk until smooth. Slowly add chicken broth into pan & cook until thickened, about 10 minutes.
3. Add heavy cream, lobster & shrimp to pan. Let mixture simmer on low for 10 minutes or more, until thickened. Stir in Sherry, Creole seasoning & salt.

servings: 4 / prep time: 20 minutes / cook time: 30-45 minutes