

Elegant Stroganoff

Written by

Tuesday, 18 September 2007 15:00

Shrimp and Scallops Stroganoff Broccoli with Lemon Dressing Deep South Peach Cake



I'm a stroganoff lover! From beef tips, to pork, to chicken, I though I'd prepared the classic combination of meat, mushrooms, and a sauce thickened with sour cream every way imaginable. Then, one day last week, I came home from the seafood market with some beautiful shrimp and scallops and no plan for how to prepare them. By the time dinner was served, I had a luscious and elegant Shrimp and Scallops Stroganoff! The seafood stroganoff is easy to prepare. Mushrooms are sautéed in a bit of butter, as are the shrimp and scallops. A simple sauce is simmered in the same skillet and includes bottled clam juice, sour cream, and a bit of flour. Sherry gives this stroganoff an extra flavor boost, and fresh parsley adds great color to the presentation. Broccoli with Lemon Dressing and Deep South Peach Cake make this an extra special meal when entertaining.

Shrimp and Scallops Stroganoff

2 tablespoons butter, divided
8 ounces sliced mushrooms
1 pound medium or large shrimp, peeled and deveined
1 pound sea scallops, rinsed and patted dry with paper towels
1 (8 ounce) bottle clam juice
2 tablespoons all-purpose flour
Freshly ground black pepper
1 cup sour cream
2 tablespoons dry sherry
1 tablespoon chopped fresh parsley
Hot cooked egg noodles

Heat 1 tablespoon of the butter in a large skillet over medium-high heat. Add the mushrooms and sauté until golden. Remove from skillet and set aside. Melt the remaining butter in the skillet and add the shrimp and scallops. Sauté until shrimp turn pink, about 3 minutes. Remove from the skillet and set aside. Combine the clam juice and flour in a bowl. Season with black pepper. Add flour mixture to the skillet. Bring to a boil, then reduce heat and simmer until thickened. Reduce heat to low and stir in the sour cream. Return the mushrooms, shrimp, and scallops to the pan and add the sherry. Cook until heated through. Sprinkle with fresh parsley and serve over hot cooked noodles. Serves 6.

Broccoli with Lemon Dressing

1/4 cup lemon juice
1/4 teaspoon paprika
1/4 cup vegetable oil
1 tablespoon sugar
1 garlic clove, minced
1/2 teaspoon salt
1 tablespoon chopped onion
1 (12-ounce) bag fresh broccoli florets

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Combine first 7 ingredients. Refrigerate several hours before serving. Steam broccoli florets. Shake dressing well and pour over freshly steamed broccoli. Serves 4 to 6.

Deep South Peach Cake

1 (18.25-ounce) package yellow cake mix

3 eggs

1 (16-ounce) can peaches, undrained

1/2 cup light brown sugar

1 stick butter, melted

1/2 cup sugar

1/2 cup sweetened condensed milk

Combine cake mix, eggs, and undrained peaches, in a mixing bowl. Pour into a lightly greased and floured 9x13-inch baking dish. Sprinkle with brown sugar. Bake in a preheated 350 degree oven for 35 minutes or until a toothpick inserted in the center of the cake comes out clean. In a medium saucepan, combine butter, sugar, and milk. Heat until boiling. Pour boiled ingredients over hot cake. Cool 10 minutes before serving. Serve warm or cold. Serves 12.